

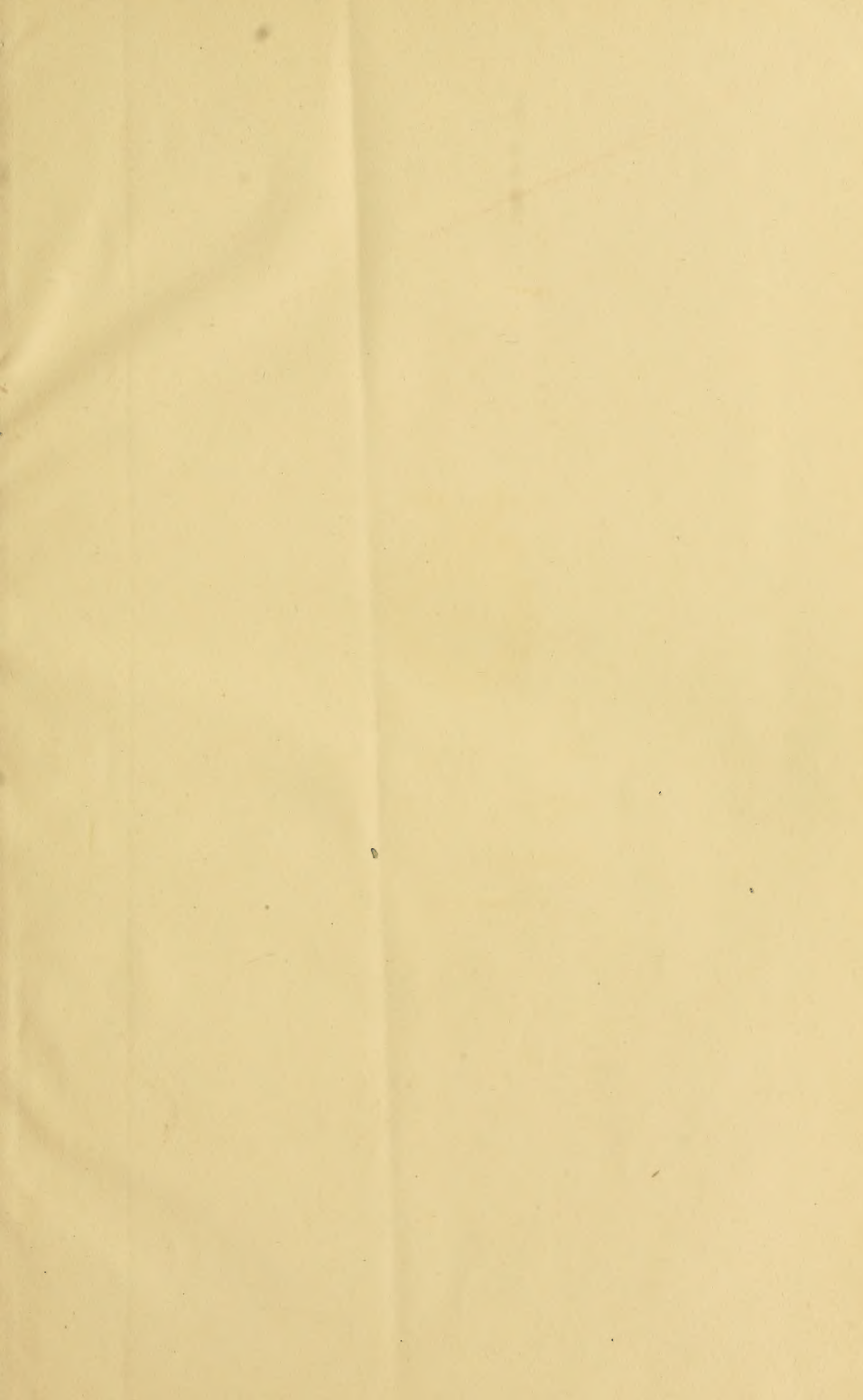
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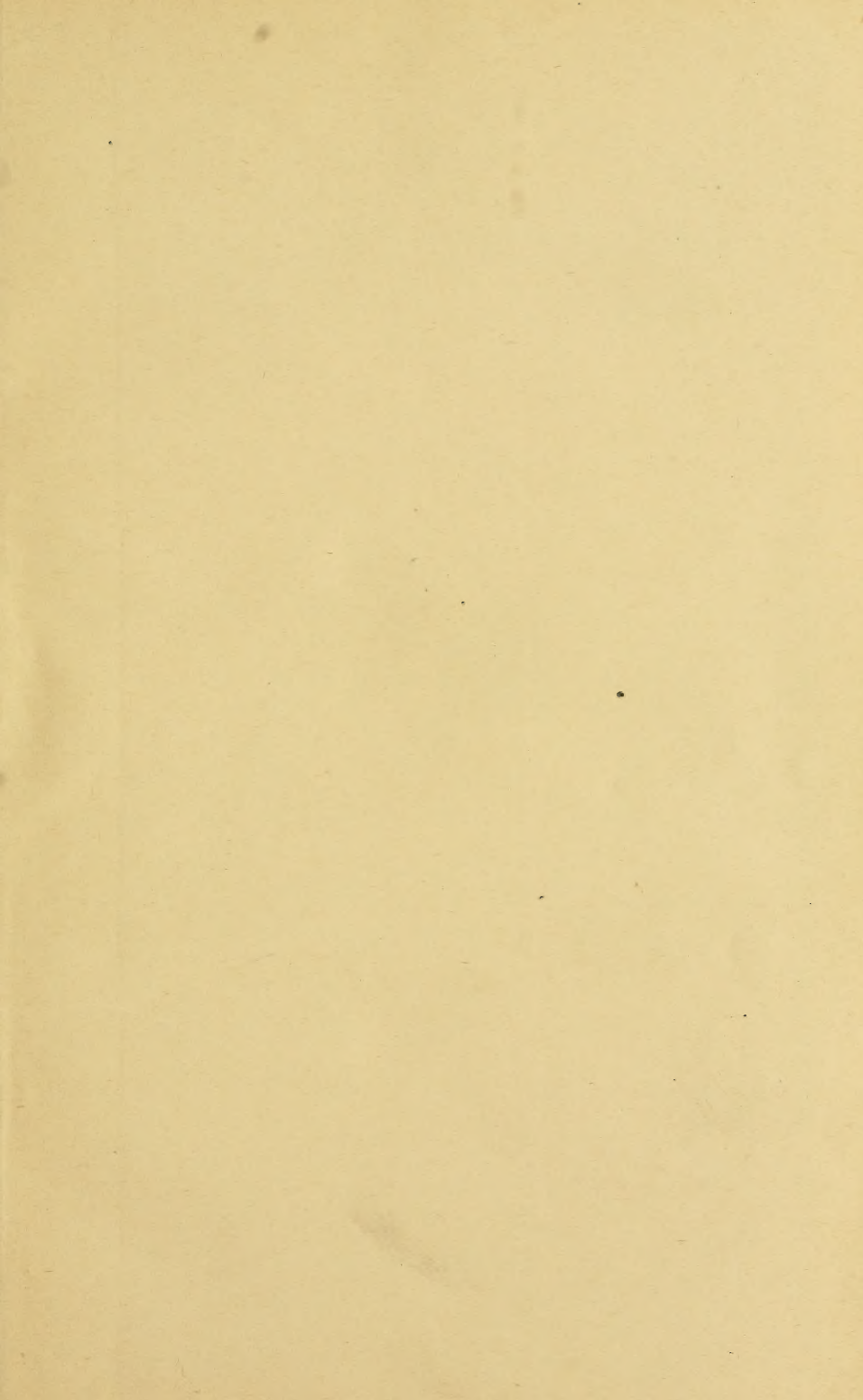
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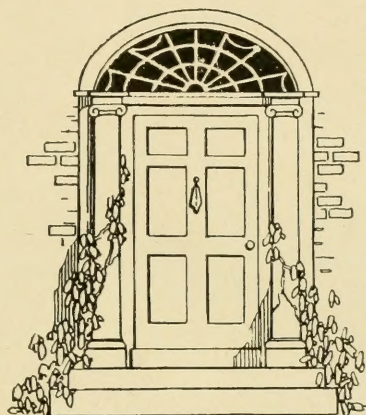








# THE HOUSEKEEPER



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*Household Economics*

*Published by*  
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## INTRODUCTION

The duties of the homemaker today demand a greater knowledge than ever before. It is not enough that she be able to prepare food well, she must be economical in purchasing, must know something of the season of fruits and vegetables, what is a reasonable price and how to recognize quality. In addition to this she should know how to use left-over foods, how to serve meals well and attractively, and also to suit her expenditures to her income. And more than this she is expected to know something of the nutritive value of foods so that she may be sure she is giving the members of her household the proper amount of nourishment in their food. In fact there are a thousand and one things the homemaker must know if she is to fill her position efficiently.

This volume contains a collection of the best available material on subjects of interest to the homemaker. There is a large collection of valuable recipes, most of which are adaptable to any income, in addition to this we have included full instructions for serving simple or elaborate meals, and an important chapter upon the nutritive value of food telling how to plan the meals so that each person served is receiving the proper kind and amount of food.

The chapters on the care and feeding of children will be invaluable to the young mother, while those on first aid and food for the sick are not only practical but supply the essential facts in an easily accessible form.

It is not necessary to mention the use which can be made of the material on the care of the house, cleaning and laundering for every housewife knows how often she has spent much valuable time searching for information to tell her how to remove a stain from some fabric or how to clean some metal.

We know that this volume contains a vast amount of practical, well-arranged material which every housewife should have at hand and we feel sure that it will meet a long-felt need in every household.

THE PUBLISHERS.

We are indebted to the following sources, among others, for our material:

Home Canning and Drying of Vegetables and Fruits—*National War Garden Commission.*

Farmers' Bulletins—*U. S. Department of Agriculture.*

No. 256. Preparation of Vegetables for the Table.

No. 128. Eggs and Their Uses as Food.

No. 293. Use of Fruit as Food.

No. 249. Cereal Breakfast Foods.

No. 771. Home-made Fireless Cookers and Their Use.

No. 85. Fish as Food.

No. 391. Economical Use of Meat in the Home.

No. 389. Bread and Bread Making.

No. 142. Principles of Nutrition and the Nutritive Value of Food.

No. 717. Food for Young Children.

No. 808. How to Select Food—I. What the Body Needs.

No. 861. Removal of Stains from Clothing and Other Textiles.

*Other Government Publications:*

Household Discoveries.—*Sidney Morse.*

The Boston Cooking-School Cook Book—*Fannie Merritt Farmer.*

Food and Cookery for the Sick and Convalescent—*Fannie Merritt Farmer.*

Better Meals for Less Money—*Mary Green.*

Low Cost Recipes—*Edith G. Harbison.*

Home Economics—*Maria Parloa.*

One Thousand Shorter Ways Around the House—*Mae Savell Croy.*

Text-Book of Cooking—*Carlotta C. Greer.*

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Elements of the Theory and Practice of Cookery—*Williams and Fisher.*

Domestic Science Principles and Application—*Pearl L. Bailey.*

Foods and Sanitation—*Forster and Weigley.*

"First Aid" American Red Cross Abridged Text-Book—*Major Charles Lynch.*

The Care and Feeding of Children—*L. Emmett Holt, M.D.*

Personal Health—*William Brady, M.D.*

Care of Children—*Alfred Cleveland Cotton, A.M., M.D.*

The Healthy Baby—*Roger H. Dennett, M.D.*

Approved Methods of Home Laundering—*Mary Beals Vail.*

Ryzon Baking Book—*Marion Harris Neil.*

Household Science and Arts—*Josephine Morris.*

Teachers' College Record.

Official Recipe Book—*Illinois State Council of Defense.*

Good Housekeeping Magazine.

American Cookery.

War Time Recipes—*Royal Baking Powder Company.*

Economy in the Buying and Preparation of Meats—*Eleanor Lee Wright.*

Mrs. Allen's Cook Book—*Ida Cogswell Bailey Allen.*

The Rumford Complete Cook Book — *Lily Haxworth Wallace.*

The Story of Crisco—*Marion Harris Neil.*

Marketing and Housework Manual—*S. Agnes Donham.*

Feeding the Family—*Mary Swartz Rose.*

Nutrition and Diet—*Emma Conley.*

The New Housekeeping—*Christine Frederick.*

Diet in Disease—*Alida Frances Pattee.*

Individual Recipes in Use at Drexel Institute—*Helen M. Spring.*

Practical Cooking and Serving—*Janet McKenzie Hill.*



You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*



# ATTENTION!

We have tested and tried thoroughly the materials, utensils, etc., shown on other pages in this book and can recommend them to be all that is claimed for them by the manufacturers. We believe that if any one else will test them as thoroughly as we have, he will come to the same conclusion, that he is receiving full money value in using them.

The editor has found by experience that it is very easy to be misled by a similarity in name and package, but all materials shown here are in the ORIGINAL packages.

*Laura A. Hunt*



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

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## CHAPTER I

### TERMS AND PROCESSES USED IN PREPARING FOOD

In collecting the recipes for this book no attempt has been made to keep them uniform for a particular number of servings, but it will be found that most of the recipes are for six servings or for four people, with some food left for second servings.

All measurements are level, and the value of careful measurement of ingredients in preparing any recipe cannot be overestimated.

In the kitchen more accurate weights and measures are coming into common use.

The basis of the kitchen system of measures is the standard cup, a measure holding  $\frac{1}{2}$  pint or 8 fluid ounces, by weight half a pound of sugar, butter or chopped meat. The cup is marked to show  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  of a cup on one side, and  $\frac{1}{3}$  and  $\frac{2}{3}$  of a cup on the other side.

A cup is filled with a spoon and leveled with a knife. To measure half a cup, press the article to be measured into the cup solidly on a line with the ridge indicating the half-cup mark. To measure a cup, pack the food solidly to the top and level with a knife. Fractions of a cup are measured in the same way as the half-cup. When the recipe calls for  $\frac{1}{4}$  or  $\frac{1}{3}$  cupful of material, it is often easier to measure in tablespoonfuls. Flour is always measured after sifting once, and should not be packed in the cup.

To measure a tablespoonful or teaspoonful of material, take up a spoonful, then level with a knife. For half a spoonful, level with a knife and divide lengthwise of the spoon; for a quarter spoonful, divide half a spoonful crosswise. A special set of spoon measures, from  $\frac{1}{4}$  teaspoonful up, will be found convenient since ordinary spoons vary in size and are not adapted to measuring fractions of their capacity.

**TABLE OF COMMON WEIGHTS AND MEASURES**

3	teaspoonfuls . . . . .	equal	1	tablespoonful
4	tablespoonfuls . . . . .	equal	$\frac{1}{4}$	cupful
16	tablespoonfuls . . . . .	equal	1	cupful
$\frac{1}{2}$	cupful . . . . .	equals	1	gill
2	cupfuls . . . . .	equal	1	pint
2	pints (4 cupfuls) . . . . .	equal	1	quart
4	cupfuls liquid . . . . .	equal	1	quart
4	cupfuls flour . . . . .	equal	1	pound or 1 qu't
2	cupfuls butter, solid . . . . .	equal	1	pound
$\frac{1}{2}$	cupful butter, solid . . . . .	equals	$\frac{1}{4}$	pound, 4 ounces
2	cupfuls granulated sugar . . . . .	equal	1	pound
$2\frac{1}{2}$	cupfuls powdered sugar . . . . .	equal	1	pound
1	pint milk or water . . . . .	equals	1	pound
1	pint chopped meat (solid) . . . . .	equals	1	pound
10	eggs (without shells) . . . . .	equal	1	pound
8	eggs (with shells) . . . . .	equal	1	pound
2	level tablespoonfuls butter . . . . .	equal	1	ounce
4	level tablespoonfuls butter . . . . .	equal	2	ounces— $\frac{1}{4}$ cup
2	level tablespoonfuls granu- lated sugar . . . . .	equal	1	ounce
4	level tablespoonfuls flour . . . . .	equal	1	ounce

**STIRRING, BEATING AND FOLDING**

*Stirring* is done by moving a spoon around in a circle until the ingredients are thoroughly blended. The materials may be liquid, dry, or both. A wooden spoon used for stirring food while cooking will be found convenient, as the handle does not get hot.

*Beating* is done by cutting down with a spoon from the top to the bottom of a mixture, bringing the spoon up to the surface, passing over and down through the mixture again and again. This is done to introduce air into the mixture and make it light.

*Cutting and Folding* is the process by which whites of eggs or cream, beaten very light, may be incorporated into another mixture without loss of the air bubbles formed. Put the two mixtures together; with a spoon cut down to

## PYREX TRANSPARENT OVEN DISHES



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the bottom of the dish, turn, bring to the top and fold over the mixture thus brought to the surface. Repeat until the ingredients are blended.

*Sifting.* Flour is sifted to make it light and to remove any foreign matter which may be present. Dry ingredients are sifted together in order to mix them thoroughly.

#### **PROPORTIONS OF FLOUR AND LEAVENING AGENT**

Two teaspoonfuls of baking powder are used to one cupful of flour. If eggs are used, the amount of baking powder is lessened.

One-half teaspoonful of soda is used with one cupful of sour milk. From one-half to one teaspoonful of baking powder added to a mixture which requires soda and sour milk improves the texture of the finished product.

#### **BATTERS AND DOUGHS**

1 measure liquid to 1 measure flour for pour batters.

1 measure liquid to about 2 measures flour for drop batters.

1 measure liquid to about 3 or more measures flour for dough.

#### **BEATING EGGS**

When eggs are simply added to thicken a mixture, as in custards, timbales and French omelet, beat only until the yolks and whites are well mixed, using a Dover egg-beater. When eggs are added for lightness, as in cakes, souffles, etc., beat the whites and yolks separately, the whites until very light, using a fork for beating one and the egg-beater for beating several; beat the yolks until light-colored and thick.

#### **METHODS OF COOKING**

Boiling is cooking in a quantity of water heated to the boiling point (212° Fahrenheit or 100° Centigrade).



In boiling meat the cooking is begun in water at the boiling point to insure the retention of the juices and extractives and is completed just below the boiling point.

In stewing the cooking is done in water in such a manner that part of the juices are drawn out and part are retained.

Simmering is cooking in water below the boiling point.

Broiling is cooking on a wire rack over coals or under the flame in a gas range oven or broiler.

Panbroiling.—Cooking of chops or steak in a hot frying pan, the pan being the medium of communicating all the heat received by the article (no fat in the pan).

Steaming is cooking food over boiling water. The food may come in contact with the steam or the mold in which the food is placed (for example brown bread) comes in contact with the steam.

Cooking over Hot Water.—The vessel in which the cooking is done does not come in direct contact with the heat of the stove, boiling water intervening. The double boiler is the proper utensil.

Frying is a form of cookery in which the article is immersed in fat at a high temperature, 350° to 400° Fahrenheit.

To Sauté is to cook in a heated frying pan with just fat enough to keep the article from adhering to the pan. When drops of liquid appear on the upper surface of the article, turn to cook the other side.

A large supply of fat is needed for “frying” properly, but more fat is probably absorbed when an article is sautéed than when the same article is cooked in deep fat.

To test fat for frying: cut a cube from the crumb of stale bread and drop it into the fat. If the bread is golden brown in 60 seconds the fat is right for frying uncooked mixtures like doughnuts and fritters. If the bread browns in 40 seconds the fat is right for frying articles made of cooked food as croquettes and fish cakes.



You will find the above article to be all that is claimed for it by the manufacturer.

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**Baking.**—Cooking in an oven of a temperature from 330° Fahrenheit to 450° Fahrenheit or higher. For best results, in baking meats, poultry, etc., baste with fat and cook at a temperature low enough to keep the fat from burning. This is often called roasting.

To test the oven for baking place a piece of white unglazed paper on the rack where the food is to be baked. If the paper turns golden brown in five minutes the oven is moderately hot. If the paper turns dark brown in five minutes the oven is hot.

### INGREDIENTS FOR COOKING

Bread flour is used in all recipes which require yeast. Pastry flour is used with baking powder, soda and cream of tartar, soda and sour milk or soda and molasses.

Oftentimes only one flour, such as Gold Medal Flour, is purchased. This is a bread flour and when substituted for pastry flour one-eighth less should be used. For example: if the recipe calls for 2 cupfuls pastry flour and you wish to substitute bread flour use  $1\frac{3}{4}$  cupfuls.

At present butter is too expensive to be used for anything but table purposes. We suggest that in all recipes for cream sauce or white sauce, oleomargarine or nutmargarine be substituted for butter. It may also be used with vegetables and meats. In making biscuits, muffins, cakes, etc., we suggest using lard, compound, Crisco, Mazola, Wesson Oil, Cottolene or oleomargarine.

In substituting lard, compound, Crisco or the various oils for butter in a recipe which calls for butter, use one-eighth less, as these materials contain less water than butter and therefore contain more fat. Oleomargarine and nutmargarine should be used in the same proportions as butter.

EXTRACT FROM "MEASUREMENTS FOR THE  
HOUSEHOLD"

*Issued by The Commonwealth of Massachusetts Department of Weights and Measures*

**PRECAUTIONS TO BE OBSERVED IN MAKING PURCHASES**

If you are engaged in the industry of housekeeping you should:

Trade with dealers who have accurate and sealed weighing and measuring devices.

Check up all goods received to ascertain if full quantity has been delivered.

Purchase package goods which are legibly marked on the outside of package with the net quantity which it contains.

See that your milk and cream bottles are filled to the cap or stopple.

The coal dealer is required by law to deliver to you a sworn statement as to the weight delivered. See that you receive such a certificate.

If any coal dealer neglects to give you a certificate stating the number of pounds contained in a load that is being delivered to you, the local sealer of weights and measures should be promptly notified.

In purchasing ice be careful to ask for a certain weight of ice, viz., 50 pounds, 75 pounds, 100 pounds, and do not be content to accept 10-cent, 20-cent, 30-cent pieces.

In purchasing meats request that all "trimmings" be included with purchase; otherwise a correct check of goods cannot be made.

In purchasing turkey, chicken, etc., do not accept the weight as sometimes already marked on the same, but insist that the commodity be re-weighed in your presence.

Equip your kitchen with a good scale of 10 to 20 pounds capacity, weighing in ounces, and have it tested and sealed annually by the local sealer of weights and measures.



Use this scale for checking all weights of commodities delivered, and if underweight is found to exist, do not fail to bring each case to the attention of the dealer. The shortage may be due merely to carelessness, but you are entitled to full weight, and he should know that you are a business woman and will not countenance unbusiness-like methods in his dealings with you.

Also have on hand an accurate dry quart, a liquid quart, a 60-inch steel tape, an 8-ounce graduate. These should also be submitted to the sealer for test.

Be businesslike when purchasing. The merchant is careful that in his sales he receives full value for correct weight or measure given. He is obliged to be thus careful, else his business would be done at a loss. Why then should the business of housekeeping be done in a careless manner and at a loss. Order commodities in terms of weight and measure. Do not order a "pail of lard," "print of butter," "30 cents worth of potatoes," "piece of bacon," "can of oil," "box or basket of fruit," unless you know how much that pail, print, package, etc., contains in weight and measure.

Refuse to accept a bill from your tradesman made in the following manner:—

Beef .....	\$0.40
Butter .....	.35
Oil .....	.15
Lard, .....	.10

Insist that a bill be rendered in the following manner:—

Beef, 1 pound 6 ounces.....	\$0.40
Butter, 1 pound.....	.35
Oil, 1 gallon.....	.15
Lard, 1 pound.....	.10

TABLES OF WEIGHTS AND MEASURES

LIQUID MEASURE

4 gills (gi.)	equals	1 pint (pt.)
2 pt.	equals	1 quart (qt.)
2 pt.	equals	8 gi.
4 qt.	equals	1 gallon (gal.)
4 qt.	equals	8 pt.
4 qt.	equals	32 gi.
31½ gal.	equals	1 barrel (bbl.)
31½ gal.	equals	126 qt.
2 bbls.	equals	1 hogshead (hhd.)
2 bbls.	equals	63 gal.
2 bbls.	equals	252 qt.

UNITED STATES DRY MEASURE

2 pints (pt.)	equals	1 quart (qt.)
8 qt.	equals	1 peck (pk.)
8 qt.	equals	16 pt.
4 pk.	equals	1 bushel (bu.)
4 pk.	equals	32 qt.
4 pk.	equals	64 pt.

WEIGHTS AND MEASURES

Articles	Quantity	Weight
Almonds (shelled) . . . . .	1 cupful	5 oz.
Barley . . . . .	1 tablespoonful	½ oz.
Barley . . . . .	1 cupful	7 oz.
Beans (dried) . . . . .	1 cupful	7 oz.
Bread crumbs, fine . . . . .	1 cupful	2 oz.
Butter . . . . .	1 tablespoonful	½ oz.
Butter . . . . .	1 cupful	9 oz.
Cheese (grated) . . . . .	1 cupful	3¾ oz.
Citron (chopped) . . . . .	1 cupful	7 oz.
Cocoa . . . . .	1 cupful	4½ oz.
Coffee (unground) . . . . .	1 cupful	3½ oz.

# THE HOUSEKEEPER

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Articles	Quantity	Weight
Coffee (ground) .....	1 tablespoonful	$\frac{1}{4}$ oz.
Corn meal .....	1 cupful	$\frac{1}{3}$ lb.
Corn meal .....	1 tablespoonful	$\frac{1}{3}$ oz.
Cornstarch .....	1 cupful	5 oz.
Currants (clean and dried) ..	1 cupful	5 $\frac{1}{3}$ oz.
Dates .....	1 cupful	5 $\frac{3}{4}$ oz.
Egg (white) .....	1	$\frac{2}{3}$ oz.
Egg (yolk) .....	1	$\frac{2}{3}$ oz.
Farina .....	1 cupful	6 oz.
Figs .....	1 cupful	6 oz.
Flour .....	1 tablespoonful	$\frac{1}{4}$ oz.
Flour .....	1 cupful	4 oz.
Lard .....	1 cupful	7 oz.
Lard .....	1 tablespoonful	$\frac{1}{2}$ oz.
Meat (chopped fine) .....	1 cupful	8 oz.
Milk .....	1 tablespoonful	$\frac{1}{2}$ oz.
Milk .....	1 cupful	8 $\frac{1}{4}$ oz.
Molasses .....	1 cupful	11 oz.
Mustard (dry) .....	1 tablespoonful	$\frac{1}{4}$ oz.
Mustard (dry) .....	1 cupful	3 $\frac{1}{2}$ oz.
Nutmegs (whole) .....	5	1 oz.
Nutmegs (ground) .....	1 tablespoonful	$\frac{1}{4}$ oz.
Oats (rolled) .....	1 cupful	2 $\frac{3}{4}$ oz.
Peanuts (shelled) .....	1 cupful	6 $\frac{1}{4}$ oz.
Peas (dried, split) .....	1 cupful	7 oz.
Prunes .....	1 cupful	5 oz.
Prunes .....	3 med'm-siz'd	1 oz.
Raisins (seeded) .....	1 cupful	5 oz.
Rice .....	1 cupful	7 $\frac{1}{2}$ oz.
Salt .....	1 cupful	9 $\frac{1}{2}$ oz.
Spice (ground) .....	1 tablespoonful	$\frac{1}{4}$ oz.
Sugar (brown) .....	1 cupful	6 oz.
Sugar (crystal domino) .....	4 lumps	1 oz.
Sugar (confectioners') .....	1 cupful	5 $\frac{1}{2}$ oz.
Sugar (granulated) .....	1 cupful	8 oz.
Sugar (granulated) .....	1 tablespoonful	$\frac{1}{2}$ oz.

## THE HOUSEKEEPER

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Tapioca .....	1 cupful	6 oz.
Tea .....	1 cupful	2 oz.
Vinegar .....	1 cupful	8 oz.
Walnuts (shelled) .....	1 cupful	4 oz.
Water .....	1 cupful	8 oz.
Wheat biscuit (shredded)...	1	1 oz.

## COOKS' COMPLETE TIME TABLE

### VEGETABLES

Articles	How Cooked	Time
Artichokes, globe	Boiled	30 to 45 minutes
Artichokes, Jerusalem	Boiled	15 to 30 minutes
Asparagus	Boiled	15 to 30 minutes
Beans	Baked	6 to 8 hours or more
Beans, Lima	Boiled	30 to 40 minutes
Beans, string or shell, young	Boiled	1 to 2 hours
Beans, string or shell, old	Boiled	2 to 4 hours
Beets, new	Boiled	45 to 60 minutes
Beets, old	Boiled	4 to 6 hours
Beet Greens	Boiled	1 hour or longer
Brussels' sprouts	Boiled	15 to 25 minutes
Cabbage	Boiled	30 to 80 minutes
Carrots, young	Boiled	20 to 30 minutes
Carrots, old	Boiled	1 hour or longer
Cauliflower	Boiled	20 to 30 minutes
Celery	Boiled	2 hours, or longer
Corn, green on cob	Boiled	12 to 20 minutes
Dandelion Greens	Boiled	1½ hours
Kohl-rabi	Boiled	20 to 30 minutes
Lentils	Boiled	2 hours or more
Lettuce	Steamed	10 to 15 minutes
Mushrooms	Stewed	25 minutes
Okra	Boiled	30 to 45 minutes
Onions, young	Boiled	30 to 60 minutes
Onions, old	Boiled	2 hours or more
Oyster, Plant	Boiled	45 to 60 minutes

Articles	How Cooked	Time
Parsnips	Boiled	30 to 45 minutes
Peas, green, young	Boiled	15 to 30 minutes
Peas, green, old	Boiled	30 to 60 minutes
Potatoes, new	Baked	25 to 45 minutes
Potatoes, old	Baked	30 to 60 minutes
Potatoes	Boiled	20 to 30 minutes
Potatoes, raw	Fried	4 to 8 minutes
Potatoes, cooked	Fried	3 to 7 minutes
Potatoes, sweet	Boiled	15 to 25 minutes
Potatoes, sweet	Baked	45 to 60 minutes
Pumpkin	Stewed	4 to 5 hours
Rice	Boiled	25 to 35 minutes
Rice	Steamed	40 to 60 minutes
Salsify	Boiled	45 to 60 minutes
Sea Kale	Boiled	30 to 40 minutes
Spinach	Boiled	15 to 20 minutes
Squash, summer	Boiled	20 to 30 minutes
Squash, winter	Boiled	1 hour
Tomatoes	Baked	25 to 40 minutes
Tomatoes	Stewed	15 to 20 minutes
Turnips, young	Boiled	15 to 20 minutes
Turnips, old	Boiled	30 to 45 minutes

## BREAD, PASTRIES, PUDDINGS, Etc.

Article	How Cooked	Time
Biscuits (baking powder)	Baked	12 to 15 minutes
Bread (white loaf)	Baked	45 to 60 minutes
Bread (Graham loaf)	Baked	35 to 60 minutes
Brown bread	Steamed	3 hours
Cake, fruit	Baked	2 to 3 hours
Cake, layer	Baked	20 to 30 minutes
Cake, loaf, small	Baked	25 to 40 minutes
Cake, loaf, medium or large	Baked	35 to 90 minutes
Cake, sponge	Baked	45 to 60 minutes
Cake, wedding	Baked	3 hours



Article	How Cooked	Time
Cookies	Baked	8 to 15 minutes
Custards, small or in cups	Baked	20 to 35 minutes
Custards, large	Baked	35 to 65 minutes
Doughnuts	Fried	3 to 5 minutes
Fritters	Fried	3 to 5 minutes
Gingerbread	Baked	20 to 30 minutes
Graham Gems	Baked	25 to 35 minutes
Macaroni	Boiled	20 to 50 minutes
Muffins, baking powder	Baked	20 to 25 minutes
Muffins, raised	Baked	30 minutes
Patties	Baked	20 to 25 minutes
Pie Crust	Baked	30 to 45 minutes
Pies	Baked	30 to 50 minutes
Puddings, batter	Baked	35 to 45 minutes
Puddings, bread	Baked	45 to 60 minutes
Pudding, Indian	Baked	2 to 3 hours
Pudding, steamed	Steamed	1 to 3 hours
Pudding, plum	Baked	2 to 3 hours
Pudding, rice	Baked	45 to 60 minutes
Pudding, tapioca	Baked	45 to 60 minutes
Rolls	Baked	12 to 25 minutes
Scalloped and au Gratin		
Dishes (cooked mixtures)	Baked	12 to 20 minutes
Tarts	Baked	15 to 20 minutes
Timbales	Baked	20 minutes

### SEA FOODS

Article	How Cooked	Time
Clams	Boiled	3 to 5 minutes
Fish, Shad, Bluefish and Whitefish	Broiled	15 to 30 minutes
Fish, Slices of Halibut, Sal- mon or Swordfish	Broiled	12 to 15 minutes
Fish, Codfish and Haddock, per pound	Boiled	6 minutes

# THE HOUSEKEEPER

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Article	How Cooked	Time
Fish, Halibut, whole or thick piece, per pound	Boiled	15 minutes
Fish, Bluefish and Bass, per pound	Boiled	10 minutes
Fish, Salmon, whole or thick cut, per pound	Boiled	10 to 15 minutes
Fish, small	Boiled	6 to 10 minutes
Fish, small	Broiled	5 to 8 minutes
Fish, whole, as bluefish, salmon, etc.	Baked	1 hour or more
Small fish and fillets	Baked	20 to 30 minutes
Lobsters	Boiled	25 to 45 minutes
Oysters	Boiled	3 to 5 minutes

## GAME AND POULTRY

Article	How Cooked	Time
Birds, game, small	Roasted	15 to 20 minutes
Chicken, spring	Broiled	20 minutes
Chicken, per pound	Roasted	15 or more minutes
Chicken, 3 pounds	Boiled	1 to 1½ hours
Duck, (domestic)	Roasted	1 hour or more
Duck, (wild)	Roasted	15 to 30 minutes
Fowl, 4 to 5 pounds	Boiled	2 to 4 hours
Fowl, per pound	Roasted	30 to 45 minutes
Goose, 8 to 10 pounds	Roasted	2 hours or more
Grouse	Roasted	25 to 30 minutes
Partridge	Roasted	45 to 50 minutes
Pigeons (potted)	Baked	3 hours
Quails	Broiled	8 to 10 minutes
Quails, in paper cases	Broiled	10 to 12 minutes
Rabbit	Roasted	30 to 45 minutes
Squabs	Broiled	10 to 12 minutes
Turkey, 8 to 10 pounds	Roasted	3 hours
Turkey, 9 pounds	Boiled	2 to 3 hours
Venison, rare, per pound	Roasted	10 minutes

**BEEF, PORK, LAMB, MUTTON, VEAL, Etc.**

Article	How Cooked	Time
Bacon	Broiled	7 minutes
Bacon	Cooked in oven	15 minutes
Beef, corned, rib or flank	Boiled	4 to 7 hours
Beef, corned, fancy brisket	Boiled	5 to 8 hours
Beef, fillet, rare	Roasted	20 to 30 minutes
Beef, fresh	Boiled	4 to 6 hours
Beef, ribs or loin, rare per pound	Roasted	8 to 10 minutes
Beef, ribs or loin, well done per pound	Roasted	12 to 16 minutes
Beef, ribs, rolled, rare, per pound	Roasted	10 to 13 minutes
Beef, ribs, rolled, well done, per pound	Roasted	15 to 19 minutes
Beef, rump, rare, per pound	Roasted	9 to 10 minutes
Beef, rump, well done, per pound	Roasted	13 to 15 minutes
Chops, breaded	Fried	5 to 8 minutes
Chops, Lamb or Mutton	Broiled	6 to 10 minutes
Croquettes	Fried	1 to 2 minutes
Ham, 12 to 14 pounds	Boiled	4 to 6 hours
Ham, 12 to 14 pounds	Baked	4 to 6 hours
Lamb, well done, per pound	Roasted	18 to 21 minutes
Liver	Broiled	4 to 8 minutes
Liver	Braised	2 hours
Liver, whole, stuffed	Baked	1¼ hours
Meat, for Bouillon	Simmer	6 to 7 hours
Mutton, leg, rare, per pound	Roasted	10 minutes
Mutton, leg, well done, per pound	Roasted	14 minutes
Mutton, saddle, rare per pound	Roasted	9 minutes
Mutton, forequarter, stuffed per pound	Roasted	15 to 25 minutes

## THE HOUSEKEEPER

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Article	How Cooked	Time
Mutton, loin, rare per pound	Roasted	9 minutes
Ox Tongue	Boiled	3 to 4 hours
Pork, per pound	Roasted	25 to 30 minutes
Steak, 1 inch thick	Broiled	4 to 10 minutes
Steak, 1½ inches thick	Broiled	8 to 15 minutes
Veal, well done, per pound	Roasted	18 to 25 minutes
Veal, leg	Roasted	3½ to 4 hours
Veal, loin	Roasted	2 to 3 hours



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that is claimed for it by the manufacturer.

*Laura A. Hunt.*



## CHAPTER II

### BEVERAGES

**HOT BEVERAGES.** Freshly boiled water should be used in making hot beverages.

#### **FRENCH COFFEE (Percolated)**

1 cupful finely ground coffee.

6 cupfuls boiling water.

There are a number of pots on the market for making French coffee; they are suitable, provided they contain a fine strainer, which holds the coffee and prevents the grounds from getting into the infusion. To make coffee in this fashion, put the coffee into the strainer, which is generally set into the mouth of the pot; place the pot on the stove and slowly pour the water over the grounds, allowing it to filter through. If you wish to have the coffee stronger, pour out the infusion and pour it a second time over the grounds, but do not allow it to cool.

#### **BOILED COFFEE**

4 tablespoonfuls ground coffee,

4 cupfuls freshly boiling water,

$\frac{1}{2}$  white of egg.

Mix the white of egg with 3 tablespoonfuls cold water, beating with a fork; add the coffee and stir. Scald coffee-pot, put in prepared coffee, pour in boiling water, cover the spout, and boil five minutes. Pour in quickly  $\frac{1}{4}$  cupful cold water; let stand three minutes to settle. Strain into a hot pot. Wash eggs before breaking and save the shells for clearing coffee. The shells may be substituted for the egg white, enough of the white usually clings to the shell to make it effective for this purpose.



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## TEA

Water for tea should be used when it has just reached the boiling point. Teas are of different strengths, but a safe rule is 1 teaspoonful dry tea to 1 cupful boiling water. Scald the pot, put in dry tea, and cover one minute. Add boiling water and cover closely. Let stand three to six minutes and strain off into another hot pot.

## RUSSIAN TEA

Follow the recipe for making tea, Russian tea is always served without milk. Allow a thin slice of lemon or orange, from which the seeds have been removed for each cup. Sugar may be added according to taste.

## ICED TEA

3 tablespoonfuls tea.

4 cupfuls boiling water.

Follow the recipe for making tea. Strain into glasses one-third full of cracked ice. The flavor is improved by chilling the infusion quickly. Serve the tea with slices of lemon and sugar to taste.

## BREAKFAST COCOA

2 tablespoonfuls cocoa,

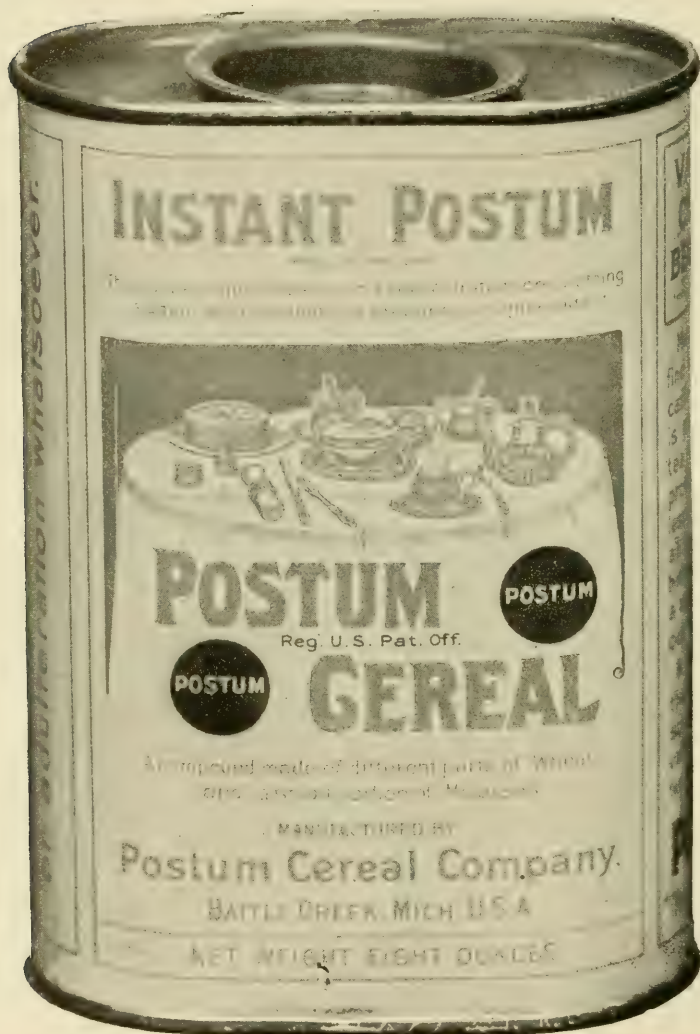
2 tablespoonfuls sugar,

2 cupfuls boiling water,

2 cupfuls of milk.

Few grains salt.

Scald milk. Mix cocoa, sugar and salt, add the boiling water slowly and boil 3 minutes. Turn the cocoa into the scalded milk and beat one minute with the Dover egg-beater. This prevents scum forming.



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### COCOA

4 tablespoonfuls cocoa,  
 $\frac{1}{4}$  cupful sugar,  
A few grains salt.  
4 cupfuls milk,  
 $\frac{3}{4}$  cupful boiling water.

Scald milk. Mix cocoa, sugar and salt, add the boiling water slowly and boil 2 minutes. Pour into the scalded milk and beat one minute, using Dover egg-beater.

### COCOA NIBS OR "SHELLS"

Wet 2 ounces cocoa shells with a little cold water and stir into them a quart of boiling water. Boil steadily for an hour and a half; strain, stir in a quart of fresh milk, bring to the scalding point, and serve. Sweeten in the cups.

### AFTERNOON CHOCOLATE

1 quart milk,  
2 squares chocolate,  
3 tablespoonfuls boiling water,  
2 tablespoonfuls sugar.

Put the chocolate in a double boiler. When it melts, add the sugar and stir thoroughly till dissolved. Add the boiling water and beat it smooth, then pour over it the scalded milk. With an egg-beater, whip the beverage till it foams, keeping it over the fire. Serve from a chocolate pot, sweetening to taste and putting into each cupful a tablespoonful of whipped cream.

### FRUIT BEVERAGES

The majority of fruit punches, as a rule, have one foundation—a syrup of equal measure of water and sugar. This is a much better way to prepare such drinks than by melting sugar, which can only be half dissolved in cold water. After the syrup for such a beverage is prepared, its flavoring is limited only by the variety of fruit on hand.



## LEMONADE

2 cupfuls sugar,  
1 quart water,  
2/3 cupful lemon juice.

Boil the sugar and water fifteen minutes, then add the fruit juice. Cool and, if too strong, add a piece of ice to dilute it.

## ORANGEADE

1/2 cupful sugar.  
2 cupfuls water,  
1 cupful orange juice.

Boil the sugar and water ten minutes. Sweeten the orange juice with the syrup and dilute by pouring over cracked ice.

## FRUIT PUNCH 1

Juice 2 lemons,  
Juice 1 orange,  
1 cupful sugar,  
2 cupfuls grape juice,  
2 cupfuls water.

Mix together the juice of the lemons and orange, add sugar, grape juice, and water. Place a small cake of ice in the bottom of a punch bowl or in a tall glass pitcher and pour in the liquid.

## FRUIT PUNCH 2

1 quart boiling water,  
4 tablespoonfuls tea,  
1 cupful granulated sugar,  
Juice 4 lemons,  
1/2 pint Apollinaris.

Pour the boiling water over the tea; cover and leave for five minutes; strain off and cool. Half fill the punch bowl with cracked ice, add the sugar and strained juice of the

lemons. Pour the tea over these, and just before serving add the Apollinaris. Sprinkle a handful of mint sprays on the surface and serve at once.

### PINEAPPLE PUNCH

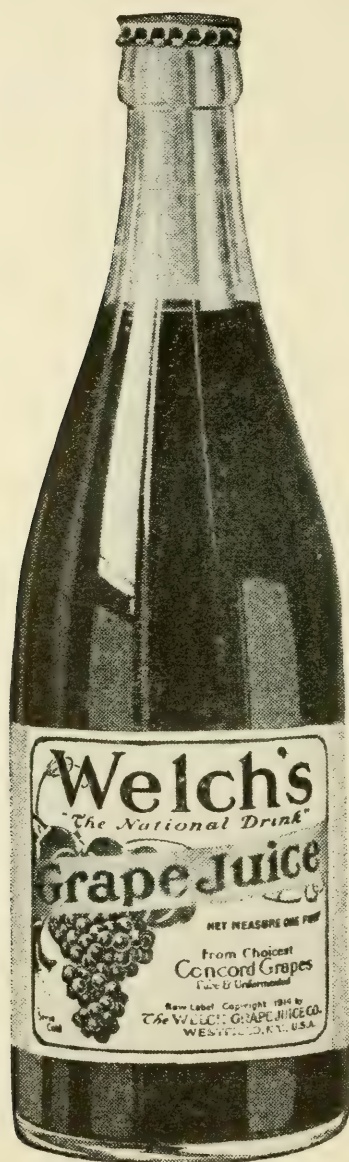
1 cupful grated pineapple,  
2 cupfuls water,  
2 cupfuls sugar,  
 $\frac{1}{2}$  cupful fresh-made tea,  
Juice 3 oranges,  
Juice 3 lemons,  
1 cupful grape juice,  
 $2\frac{1}{2}$  quarts of water.

Put the pineapple and 2 cupfuls water to boil for fifteen minutes. Strain through cheese cloth, pressing out all the juice. Add 1 pint of water to the sugar, boil ten minutes, then add the tea, juice of the oranges and lemons, grape juice and the rest of the water. Strain into a punch bowl with a large piece of ice. Serve perfectly chilled in sherbet glasses.

### TUTTI-FRUTTI PUNCH

2 quarts water,  
1 pound sugar,  
Grated rind 2 lemons,  
Grated rind 4 oranges,  
Juice from the lemons and oranges,  
24 Malaga grapes,  
2 slices oranges,  
4 slices pineapple,  
1 banana,  
 $\frac{1}{2}$  cupful Maraschino cherries.

Boil five minutes 1 quart of the water and sugar; add the grated rinds of the lemons and oranges and continue boiling for ten minutes longer. Strain the syrup through cheese cloth and add 1 quart cold water. Extract the juice from the lemons and oranges, strain, and mix with the



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grapes cut in half and seeded, oranges, pineapple, sliced banana, and the Maraschino cherries with their liquor, the cherries being halved. Serve from a punch bowl in which a piece of ice has been placed.

### OLD COLONIAL MINT CUP

1 bunch fresh mint,  
6 oranges,  
2 lemons,  
 $\frac{1}{2}$  ounce pulverized gum arabic,  
 $\frac{1}{2}$  cupful cold water,  
1 cupful sugar,  
Whites of 2 eggs.

Steep mint in 2 cupfuls hot water to extract the flavor, add the juice of the oranges and lemons. Soak gum arabic in cold water for twenty minutes and dissolve over hot water, add the sugar and cook until it spins a thread; pour this boiling hot upon the stiffly beaten whites of eggs, beating until cold and smooth. Stir in the strained mint flavoring and fruit juice. Dilute to the required strength with carbonated water and serve in tumblers containing finely cracked ice, garnishing each portion with lemon peel and sprigs of mint.

### PUNCH FOR FIFTY

6 oranges,  
6 lemons,  
1 quart raspberry juice,  
1 quart grape juice,  
4 cupfuls sugar,  
 $4\frac{1}{2}$  quarts water.

Make a syrup by boiling the sugar and 2 cupfuls of the water together eight minutes. Add the strained fruit juices and let stand thirty minutes. Add the water and serve in a punch-bowl with a large piece of ice.

## CHAPTER III

### BREAD AND BREAD-MAKING\*

Probably no food, unless it is milk, is more generally used than bread, nor is there any food that constitutes a larger part of the diet of the average person. The reason for this importance of bread is very simple. Ever since the far-off days when the wild cereals were first found or cultivated men have known that food prepared from them would support life and strength better than any other single food except milk. Although in this country the ease with which other foods can be obtained makes bread seem less important, there are many districts of Europe and Asia where it is still the "staff of life," and where if people pray for their daily bread they mean it literally.

In regard to its ingredients, bread is one of the simplest of cooked foods, but in regard to the changes which the raw materials must undergo to produce a finished loaf it is one of the most complicated. Flour, water, a pinch of salt, and a little yeast are the necessary ingredients.

In the flour mill, where the initial steps in bread making may be said to be taken, the grain is ground into powder, the coarser outer parts being sifted out as bran, while the finer interior parts constitute flour. Once in the baker's hands, the flour is mixed with water and yeast, or something which will produce the same effect. When this paste, or dough, containing yeast is set in a warm place the yeast begins to "work," and the dough to "rise"; in other words, the yeast causes a change known as "alcoholic fermentation" to set in, one of the principal results of which is the production of carbon-dioxid gas. If the dough has been well mixed, this gas appears all through it, and expanding, leavens or raises it throughout. After the yeast has worked sufficiently the dough is shut up in a hot oven. Here the

\*Extract from Farmers' Bulletin 389, "Bread and Bread Making."



heat kills the yeast and prevents further alcoholic fermentation, causes the gas to expand and stretch open the little pockets which it has formed in the dough, changes some of the water present into steam, and expands any air mechanically included, thus raising the loaf still more. Further, the heat hardens and darkens the outer layers into what is called the "crust." The sum of these changes in the oven is called "baking." When this has been continued long enough the bread is "done" and is ready to be cooled and eaten.

The nutritive value of bread depends not only on its chemical composition, but also on its digestibility, and digestibility in its turn seems to depend largely on the lightness of the loaf. It is the gluten in a dough which gives it the power of stretching and rising as the gas from the yeast expands within it, and hence of making a light loaf. Rye has less gluten proteids than wheat, while barley, oats, and maize have none, so that they do not make a light, porous loaf like wheat. It is possible that of the various kinds of wheat flour those containing a large part of the bran—entire-wheat and graham flours—furnish the body with more mineral matter than fine white flour; but it is not certain that the extra amount of mineral matter furnished is of the same value as that from the interior portion of the grain. It seems safe to say that, as far as is known, for a given amount of money, white flour yields the most actual nourishment with the various food ingredients in good proportion.

It should be remembered, however, that all kinds of bread are wholesome if of good quality, and the use of several kinds is an easy means of securing variety in the diet.

The lightness and sweetness of bread depend as much on the way in which it is made as on the materials used. The greatest care should be used in preparing and baking the dough and in cooking and keeping the finished bread. Though good housekeepers agree that light, well-raised

bread can readily be made with reasonable care and attention, heavy, badly raised bread is unfortunately very common. Such bread is not palatable, and is generally considered to be unwholesome, and probably more indigestion has been caused by it than by all other badly cooked foods.

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### MIXING THE BREAD

The first step in bread making, as in cookery, is to get together everything necessary in utensils and materials. The utensils needed are a bread pan with a close-fitting, ventilated cover, a measuring cup, a spoon for beating the batter, and a molding cloth. The molding cloth is a square of heavy duck or sail cloth; it is much superior to the smooth surface of a wooden molding board, because considerable flour can be sifted into the rough surface of the fabric. It holds the flour and there is no sticking of soft dough. As the flour works into the dough, sift in more, rubbing it into the cloth with the hand. When finished, shake and fold the cloth, and lay it away until needed again. It can be used a number of times before being washed; when it has to go to the laundry, soak it for an hour in cold water, and rinse several times, before putting in the suds; hot water would turn the flour into dough; then it would be no easy task to get it clean.

Sift into a pan four or five quarts of flour, and set it either over the register or in a moderate oven to warm, unless working in midsummer. Cold flour will always retard the raising of bread. Scald one pint of milk and pour it into the bread pan over two teaspoons of salt. Add a pint of cold water, then one yeast cake dissolved in half a cupful of lukewarm water. To this liquid add seven or eight cupfuls of warm flour, and beat the batter thoroughly with a wire spoon. Do not stop beating until the batter is a mass of bubbles. Then add more flour till you have a soft dough. When it becomes too stiff to stir, dust plenty of flour into the molding cloth, rubbing it into the fabric

till it will hold no more. Gather the dough into a ball and drop it on the cloth. Now begin to knead, folding the edge of the dough farthest from you toward the center, pressing it away with the palms, gently yet quickly. The process of kneading has more to do with good bread than almost anything else. As you work the dough becomes full of little bubbles and blisters. When the dough is smooth, elastic does not stick, and is so spongy that it rises quickly after denting it with your finger, it is ready to set to rise. Place dough in pan, cover and set the pan in a warm place.

As soon as the dough has doubled in bulk, turn it out on a slightly floured molding cloth and knead into loaves. This second kneading is a slight one, only enough to prepare it for the pans and get rid of any large air bubbles which, if left in, would mean holes in the bread. Have the pans greased. Always make small loaves; generally the right size can be guessed at by having each pan half full of dough. Bread baked in the French or round bread pans is good. When large brick-shaped loaves are made, it is almost impossible to bake them to the heart unless the crust gets very thick and hard. If heat does not penetrate to the center of a loaf, yeast may remain alive, causing bread to sour.

After the bread is in the pans set it to rise in a warm place and let rise until it becomes double in bulk.

### BAKING BREAD

When bread is nearly ready for the oven, test the oven, which should be hot enough to turn a piece of white paper dark brown in 6 minutes. Place pans in lower part of oven and as near center as possible.

*Time.*—Small loaves require about 35 minutes, large loaves (4 in. thick) 50 or 60 minutes.

Divide time into quarters as follows:—

1st. Quarter, bread should rise and begin to brown.

2nd. Quarter, now reduce the heat in the oven and bread continues to rise and brown.

3rd Quarter, it finishes browning and rising.

4th Quarter, baking is finished and the loaf draws away from sides of pan.

Turn the loaves so that they will brown evenly.

*Test when done.* Bread draws away from sides of pans when done and sounds hollow when tapped with finger.

Take out the well-browned loaves, turn them immediately out of the pans and set them to cool on a wire stand. If loaves are set flat, the bottom will become moist; if they are wrapped in a cloth there is a soft, steamy crust. In summer if the steam is not allowed to evaporate from bread, there is danger of it molding, so it must never be put away until perfectly cool. Store it in a small closet with a door that closes tight.

### NOTES ON BREAD-MAKING

Some cooks prefer to set a sponge when making bread, allowing it to rise in the shape of a well-beaten batter before adding flour enough to do the kneading. "Sponging" makes a fine-grained bread, but it lengthens the time required for making, as two risings are needed after the sponge is light.

Bread may be made from water alone instead of "half and half", as milk and water bread is called. Water bread is tougher and sweeter and keeps better than that made from all milk.

If bread must be made in a hurry simply double the amount of yeast, if you are using compressed yeast.

Should the oven be too hot, set a pan of cold water in it for a few minutes.

The best way to care for a bread box is to wash it in hot water, then dry it on the back of the range. This ought to be done between each baking to keep it fresh and sweet.

If you are detained from getting bread into the pans when it has risen sufficiently, take a knife and cut down

the dough till you are ready to attend to it. This allows the gas to escape and there is no danger of souring if you cannot return to it for half an hour.

It is best to have the fire in such condition that it will need no replenishing while bread baking is in progress.

Yeast may be kept perfectly fresh for at least a week or ten days by immersing the cake in cold water. The particles of yeast settle at the bottom and water acts as a seal from the air. Cover the glass in which yeast is dissolved and keep it in the refrigerator.

If you have no covered bread pan set the dough to rise in a large bowl or basin and keep it well covered with a towel.

To hurry bread slightly add one tablespoonful of sugar to four quarts of flour. The yeast plant begins to grow more quickly when there is sugar to feed on. When there is no sugar, the yeast has to change some of the starch to sugar.

Pricking the top of a loaf with a fork before it is put in the oven tends to make it rise and bake evenly.

• Never use flour without sifting it first.

### **WATER BREAD**

4 cupfuls boiling water.

2 tablespoonfuls lard.

1 tablespoonful sugar.

1½ teaspoonfuls salt.

1 yeast cake dissolved in ½ cupful lukewarm water.

3 quarts sifted flour.

Put the lard, sugar, and salt in a bowl, pour on boiling water; when lukewarm, add dissolved yeast cake and 5 cupfuls flour; then stir until thoroughly mixed. Add remaining flour, mix and knead. Return to bowl; let rise overnight. In the morning cut down, knead, shape into loaves or biscuits, place in greased pans, having pans nearly half full. Cover, let raise again, and bake.



### MILK AND WATER BREAD

- 1 cupful scalded milk.
- 1 cupful boiling water.
- 1 tablespoonful lard.
- 1 tablespoonful butter.
- 1½ teaspoonfuls salt.
- 1 yeast cake dissolved in ¼ cupful lukewarm water.
- 6 cupfuls sifted flour, or 1 cupful white flour and enough entire wheat flour to knead.

Prepare and bake as Water Bread. When entire wheat flour is used add three tablespoonfuls molasses. Bread may be mixed, raised, and baked in five hours by using one yeast cake. Bread made in this way has proved most satisfactory. It is usually mixed in the morning, and the cook is able to watch the dough while rising and keep it at uniform temperature. It is often desirable to place bowl containing dough in pan of water, keeping water at uniform temperature of from 95° to 100° F. Cooks who have not proved themselves satisfactory bread makers are successful when employing this method. (Fannie M. Farmer.)

### ENTIRE-WHEAT BREAD

- 4 cupfuls scalded milk.
- ½ cupful brown sugar.
- 1½ teaspoonfuls salt.
- 1 yeast cake dissolved in ½ cupful lukewarm water.
- 9 cupfuls entire-wheat flour.

Put sugar and salt in a bowl and pour the hot milk over them; when cool add the dissolved yeast cake and flour, beat hard with a wooden spoon for five minutes, cover the pan and set in a warm place till the batter doubles its bulk. Beat, turn into greased bread pans, having each half full. Let the batter rise nearly to the top, then bake.

YEAST FOAM

### **"OLD GLORY" BREAD**

Used much in France at present. (Four medium-sized loaves.)

- 1 cupful rye.
- 3 cupfuls whole wheat flour.
- 8 cupfuls white flour.
- 4 cupfuls water.
- 1 teaspoonful salt.
- 3 tablespoonfuls shortening (may be omitted).
- 1 yeast cake or more according to the length of time allowed for rising.

Add salt and shortening to boiling water. Cool to lukewarm. Add yeast cake, dissolved in a little of the cool water. Add flours sifted together and knead until smooth and soft. Let rise in warm room until double its size. Knead and divide into loaves. Let rise as before and bake one hour.

### **ROLLED OATS BREAD**

Pour 2 cupfuls boiling water over 1 or 2 cupfuls rolled oats. Cool to lukewarm. Add  $\frac{1}{4}$  yeast cake softened in  $\frac{1}{4}$  cupful lukewarm water for overnight process ( $\frac{1}{2}$  yeast cake in winter or for short process), 2 teaspoonfuls salt. Finish with flour like any white bread, or simply beat in flour to make a dough and do not knead.

### **CORN MEAL BREAD**

- 1 cupful liquid ( $\frac{1}{2}$  milk,  $\frac{1}{2}$  water).
- 1 tablespoonful shortening.
- 1 tablespoonful sugar.
- $1\frac{1}{2}$  teaspoonfuls salt.
- $\frac{1}{4}$  yeast cake.
- 1 cupful yellow or white corn meal.
- Wheat flour (about 2 cupfuls).

Soften the yeast cake in the water. Measure salt, sugar and shortening into a mixing bowl. Add the scalded milk and cool the mixture until it is lukewarm. Add the yeast and the corn meal and beat thoroughly. Add wheat flour gradually until the dough can be lifted in a mass on the spoon. Turn the dough onto a floured board and knead flour into it until it can be kneaded on an unfloured board for 1 minute without sticking. Place the dough in a clean bowl. Cover it tightly (to prevent the formation of a crust) and let it rise until it doubles its bulk. Knead the dough on an unfloured board just enough to distribute the gas bubbles evenly. Shape into a loaf and place in an oiled tin, pressing it into the corners. Let the loaf rise until double its bulk and bake for 50 or 60 minutes. Remove the loaf from the tin and cool on a wire rack.

### **BARLEY FLOUR BREAD**

Substitute 1 cupful of barley flour for the corn meal in the recipe for Corn Meal Bread.

### **RYE MEAL BREAD**

Substitute 1 cupful of rye meal for the corn meal in the recipe for Corn Meal Bread.

### **POTATO BREAD**

2 cupfuls scalded milk (or part water).

1 tablespoonful syrup.

2 tablespoonfuls shortening.

1 teaspoonful salt.

2 cupfuls boiled and riced potatoes.

1 cake compressed yeast.

$\frac{1}{2}$  cupful lukewarm water or milk.

About 6 cupfuls wheat flour.

To the scalded milk add the syrup, shortening, salt and potato; when lukewarm add the yeast mixed with the half-cupful of lukewarm liquid and stir in the flour; knead until



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smooth and elastic, cover and set aside to become light; shape into two loaves. When again light bake about one hour.

### GRAHAM BREAD

- 1 quart Graham flour.
- 1 quart white flour.
- 1 yeast cake dissolved in  $\frac{1}{4}$  cupful lukewarm water.
- $1\frac{1}{2}$  teaspoonfuls salt.
- $\frac{1}{4}$  cupful brown sugar.
- 1 quart milk or milk and water.

Scald the milk and pour it over the sugar and salt; when lukewarm stir in the flour and add the yeast, which has been dissolved in warm water. Beat hard and let it rise in the pan till spongy. This is a dough which is not stiff enough to knead; it simply requires a thorough stirring and beating. Put it into greased pans, let rise, and bake in an oven which is hot at first, but cool during the latter part of the baking process. This dough may be used to drop into greased gem pans and bake as muffins.

### RICE BREAD

- 1 cupful rice cooked in
- 2 cupfuls boiling salted water.
- When lukewarm add
- 1 tablespoonful fat.
- 1 tablespoonful sugar.
- 1 yeast cake dissolved in  $\frac{1}{3}$  cupful lukewarm water.
- 3 cupfuls bread flour or enough to knead easily.

The dough should be quite stiff. Let rise until double in bulk, add more flour; knead, shape in loaves, let rise again and bake 45 minutes to one hour according to size of loaf.



### SQUASH BREAD

- 2 cupfuls squash.
- $\frac{1}{4}$  cupful sugar.
- 3 cupfuls scalded milk.
- 2 tablespoonfuls butter.
- 1 yeast cake.
- Flour enough to knead.

Press the stewed squash through a potato ricer, stir it with the sugar, salt, and butter into the hot milk; when cool, pour in the dissolved yeast and as much flour as will make a dough that can be handled. Turn out on a floured board and knead for fifteen minutes. Return to the bread pan and let it double its bulk. Knead again, shape into loaves, let rise, and bake.

### NUT BREAD

- 1 cupful entire-wheat flour.
- 1 cupful white flour.
- $\frac{1}{2}$  cake yeast dissolved in
- 1 cupful milk.
- 2 tablespoonfuls brown sugar.
- 1 teaspoonful salt.
- $\frac{1}{4}$  cupful shelled walnut meats.

Set a sponge of the wheat flour, white flour, yeast, and milk; when light, add sugar, salt, nuts, and enough entire-wheat flour to make as stiff as can be stirred with spoon. Put in the pan, let rise, and bake one hour.

### BOSTON BROWN BREAD

- 1 cupful rye meal.
- 1 cupful granulated corn meal.
- 1 cupful Graham flour.
- $\frac{3}{4}$  tablespoonful soda.
- 1 teaspoonful salt.
- $\frac{3}{4}$  cupful molasses.
- 2 cupfuls sour milk or
- $1\frac{3}{4}$  cupfuls sweet milk or water.

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well-buttered mould and steam three and one-half hours. The cover should be buttered before being placed on mould, and then tied down with string; otherwise the bread in rising might force off cover. Mould should never be filled more than two-thirds full. A melon-mould or one-pound baking-powder boxes make the most attractive-shaped loaves, but a five-pound lard pail answers the purpose. For steaming, place mould on a trivet in kettle containing boiling water, allowing water to come half-way up around mould; cover closely and steam, adding, as needed, more boiling water. (Fannie M. Farmer.)

## **PARKER HOUSE ROLLS**

- 7 cupfuls flour.
- 1 teaspoonful salt.
- 1 tablespoonful sugar.
- 3 tablespoonfuls butter or other fat.
- 1 pint milk.
- 1 yeast cake dissolved in
- $\frac{1}{2}$  cupful lukewarm water.

Put 4 cupfuls flour into a mixing bowl with the salt, sugar, and butter; pour on the milk, scalding hot, and beat thoroughly; allow it to cool, then add the dissolved yeast and let the sponge rise till frothy; put in the rest of the flour, mix thoroughly, and knead. Let rise again, then turn out on a board and shape into Parker House rolls. Cut off a small ball of dough and roll it flat and thin. Brush over the top with melted butter, cut across the middle, but not quite through the dough, with the back of a silver knife. Fold over and lay nearly double, then press down to make the dough adhere, allow rolls to rise. Bake fifteen minutes in a hot oven, and brush with melted butter.

## SWISS ROLLS

- 2 cupfuls milk.
- 2 tablespoonfuls sugar.
- $\frac{1}{4}$  cupful shortening.
- 1 cake yeast, dissolved in
- $\frac{1}{2}$  cupful lukewarm water.
- $1\frac{1}{2}$  quarts flour.
- 1 teaspoonful salt.

Scald the milk, add the sugar and shortening; when lukewarm, add the dissolved yeast. Stir in the flour and set in a warm place to rise. Turn out on a floured bread board, roll till an inch thick, brush the top over with melted butter, and roll up the sheet of dough like a rolled jelly cake. Press it lightly into shape and cut from the end slices about an inch thick; put the slices, cut side up, into a greased pan and let rise until they have doubled in height. Bake in a hot oven twenty minutes, and brush over with melted butter.

## HOT CROSS BUNS

- 1 pint milk.
- $\frac{1}{2}$  cupful butter.
- $\frac{1}{2}$  cupful sugar.
- 3 eggs.
- $\frac{1}{2}$  teaspoonful salt.
- 1 cake yeast dissolved in
- $\frac{1}{2}$  cupful lukewarm water.
- Flour.

Scald the milk and pour it over the butter and salt; when lukewarm, add the dissolved yeast and eggs well beaten; then sift in flour enough to make a thin batter, and beat with a wire whisk ten minutes; when full of bubbles, add flour enough to make a dough; knead it hard and let rise. When it has doubled its bulk, turn it out, knead it and cut into buns. Place them in a greased pan to rise, brush them over when ready to go into the oven with a sirup made of 1 tablespoonful cream and 2 tablespoonfuls sugar boiled

together for a minute. Dust with cinnamon, and just before putting in the oven cut two gashes in the top with a sharp knife. Adding raisins or currants to this recipe makes fruit buns.

### APPLE CAKE (Dutch Recipe)

- 1 cupful milk.
- $\frac{1}{3}$  cupful sugar.
- $\frac{1}{3}$  cupful butter or other fat.
- $\frac{1}{2}$  teaspoonful salt.
- 1 cake yeast dissolved in
- $\frac{1}{4}$  cupful lukewarm water.
- 2 eggs.
- Flour.
- 5 apples.
- 4 tablespoonfuls sugar.
- $\frac{1}{2}$  teaspoonful cinnamon.

Scald the milk, pour it over the butter, sugar, and salt; when lukewarm, add the well-beaten eggs, dissolved yeast cake and enough flour to make a soft dough. Beat it thoroughly and set in a warm place to rise. Beat again and let it rise a second time. Then pour into a shallow greased pan, spread the dough out thin with a palette knife, and brush over the top with melted butter. Pare the apples, core and cut into eighths. Lay them thickly on top of the dough in straight rows. Dust sugar and cinnamon over them, cover with a towel, set in a warm place and let the dough rise again. Bake in a moderate oven half an hour, cut into squares and serve hot, with whipped, sweetened cream.

### RAISED WHEAT MUFFINS

- 2 cupfuls flour.
- 1 cupful milk.
- 1 tablespoonful shortening.
- $\frac{1}{2}$  tablespoonful sugar.

$\frac{1}{2}$  teaspoonful salt.

1 egg.

$\frac{1}{8}$  cake yeast dissolved in

2 tablespoonfuls lukewarm water.

Pour the flour, salt, and sugar in a bowl; scald the milk and add the shortening to it. Let the mixture stand till lukewarm, add the milk, shortening, and yeast to the flour and beat well. Cover the bowl and set in a cool place overnight. In the morning the batter will be a light sponge. Beat the egg and add to this sponge. Half fill buttered muffin pans with the batter; cover, and let the muffins rise in a warm place. Bake for half an hour in a moderately hot oven.

#### COFFEE CAKE

1 egg.

1 cupful milk.

2 tablespoonfuls shortening.

3 tablespoonfuls sugar.

$\frac{1}{4}$  yeast cake dissolved in

2 tablespoonfuls lukewarm water.

$\frac{1}{4}$  teaspoonful salt.

$\frac{1}{2}$  teaspoonful cinnamon.

$\frac{1}{2}$  cupful raisins.

$\frac{1}{4}$  cupful shaved citron.

Flour.

Scald the milk, pour it over the shortening, sugar, and salt. When lukewarm, add the dissolved yeast and enough flour to make a soft dough; beat the mixture hard; let it rise overnight. In the morning add the beaten egg and the fruit, also a little more flour if necessary, and knead for a few minutes. Shape the dough into a ring, put in a greased pie plate, and set to rise. Before putting into the oven, brush the top with melted butter, and sprinkle with cinnamon and sugar. Bake half an hour.

### STALE BREAD

A careful housewife plans to keep in stock the smallest amount possible of stale bread, and of that stock not a morsel is consigned to the garbage can. There is economy in adopting the English fashion of bread cutting, placing the loaf on a wooden trencher with a keen knife, and cutting at the table each slice as it is required.

Keep a pan in the pantry to receive all scraps left on plates, toast crusts, or morsels from the bread jar. Never put them in a covered pail or jar; they will mold. Save all soft inside parts of a loaf to be used as soon as possible for croutons, slices or cubes for toast and toast points, and soft scraps for meat and fish dressings, puddings, omelets, scalloped dishes, griddle cakes, souffles, croquettes, and the numerous dishes for which stale bread may be utilized.

Never allow the crusts to grow more than a golden brown. When the scraps of bread are thoroughly dry, roll them on a board or put through the meat chopper, using the finest knife.

### TOAST

Toast bread over a clear, red fire for two minutes. Then turn it over and let all the moisture be drawn out of the bread. Butter and serve immediately. Toast may be utilized, especially for breakfast, in all sorts of ways. Plain toast is a favorite in most households; then there are milk toast, cream toast, dropped eggs on toast, water toast, and the excellent dish of bread soaked in egg and milk and sautéd, which has all sorts of names, French, Spanish, and Scotch toast, but more properly egged toast. At the luncheon and dinner table toast appears in all forms—under chicken and with such vegetables as asparagus and spinach; under minced meats, fricassees, and creamed mixtures, or in the delicate canapé.



## FRIED BREAD

- 6 slices stale bread.
- 1 egg.
- 1 cupful milk.
- 2 tablespoonfuls oil (olive).
- Salt.

Cut the bread into fingers three inches wide and the length of the slice. Beat the egg slightly, add the salt and milk. Dip the bread in the mixture. Put the oil in a spider and allow it to grow hot. Drop the bread in and sauté till brown. Drain on soft paper. Arrange log-cabin fashion, and serve with a sweet liquid sauce or maple syrup.

## MILK TOAST

- 6 slices stale bread.
- 2 cupfuls milk.
- 2 teaspoonfuls cornstarch.
- 2 tablespoonfuls butter.

Dry the bread thoroughly in the oven, then toast over a clear fire to a golden brown. Heat the milk in the double boiler, add the butter, and, when scalding hot, the cornstarch moistened in cold milk. Cook until the sauce thickens. Lay the toast on a hot platter and baste each slice with the sauce. Serve very hot.

## TOMATO TOAST

- 1½ cupfuls strained tomato.
- ½ cupful scalded milk.
- ¼ teaspoonful soda.
- 3 tablespoonfuls butter.
- 3 tablespoonfuls flour.
- ½ teaspoonful salt.
- 6 slices toast.

Make a tomato sauce from the butter, flour and tomato, add the soda and salt, then the milk. Dip the toast in the sauce. Serve hot.

## CHAPTER IV

### QUICK BREADS

#### BAKING POWDER BISCUITS

- 2 cupfuls flour.
- 2 tablespoonfuls shortening.
- $\frac{3}{4}$  cupful milk.
- $\frac{1}{2}$  teaspoonful salt.
- 4 teaspoonfuls baking powder.

Sift the salt, baking powder, and flour together, rub in the shortening, add the milk and mix lightly to a soft dough. Toss on a floured baking board, pat to about an inch thick, and cut into biscuits. Lay in a baking pan, brush the tops with milk, and bake in a quick oven twelve minutes. Biscuits should be handled as little as possible.

#### DROP BISCUITS

- 3 cupfuls flour.
- 2 tablespoonfuls shortening.
- 6 teaspoonfuls baking powder.
- $\frac{1}{2}$  teaspoonful salt.
- $1\frac{1}{2}$  cupfuls milk.

Sift the baking powder, salt, and flour together, rub in the shortening with the tips of the fingers, then add the milk, and beat to a soft dough. Grease a baking pan, lift a level tablespoonful of the dough and drop it into the pan, having each biscuit an inch apart, and bake in a hot oven. This is an excellent recipe to use when one is in a hurry and there is not time to make a biscuit which has to be rolled out and cut.

### BARLEY BAKING POWDER BISCUITS

- 1 cupful sifted barley flour.
- 1 cupful sifted wheat flour.
- $\frac{1}{2}$  teaspoonful salt.
- 4 teaspoonfuls baking powder.
- 2 tablespoonfuls shortening.
- 1 scant cupful milk or water.

Same quantity of corn flour or rye flour may be substituted for the barley flour, or another cup of barley flour substituted for the wheat flour.

Sift the dry ingredients together, work in the shortening; gradually add the liquid and mix with a knife to a soft dough. Turn upon a board, roll with a knife to coat with flour, then knead slightly. Roll into a sheet about three-fourths of an inch thick, cut in rounds and set in a shallow baking pan. Bake about fifteen minutes.

### GRAHAM BISCUITS

- 2 tablespoonfuls shortening.
- 2 cupfuls Graham flour.
- 1 cupful white flour.
- 1 teaspoonful salt.
- 1 teaspoonful sugar.
- 6 teaspoonfuls baking powder.
- 2 cupfuls milk.

Mix dry ingredients thoroughly and chop into the mixture 2 tablespoonfuls shortening. Add the milk, and if the mixture is then too stiff to handle, add enough water to make it a soft dough. Turn upon a floured board, roll out and cut into biscuits, handling as little and as lightly as possible. Bake in a hot oven.

### SHORTCAKE

- 2 cupfuls flour.
- $\frac{1}{2}$  teaspoonful salt.
- 2 tablespoonfuls sugar.
- 4 teaspoonfuls baking powder.
- 4 tablespoonfuls shortening.
- 1 cupful milk.



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Sift together all the dry ingredients, rub in the shortening with the tips of the fingers, then wet with the milk to a soft dough. Drop it on a floured board and, handling it just as little as possible, roll and pat into two round cakes, which will fill a deep pie plate. In the pan place one cake of the dough, brush with melted butter, and lay the other one on top of it. Bake until crisp, brown, and puffy. Split and between the cake and on top spread any fruit which is in season. Strawberries make a most delicious shortcake, or peaches may be used; red raspberries, cherries, fresh apricots, oranges, or oranges and bananas, while a shortcake filled with stewed prunes or well-seasoned apple sauce is good. Chipped pineapple mixed with bananas and oranges makes a delicious filling. In every case have it juicy by leaving the fruit covered with sugar to stand for an hour in a cool place before it is served.

## EGGLESS MUFFINS

- 2 cupfuls flour.
- 4 teaspoonfuls baking powder.
- $\frac{1}{2}$  teaspoonful salt.
- 2 tablespoonfuls sugar.
- 1 tablespoonful melted shortening.
- 1 cupful milk.

Mix and sift the dry ingredients, add the milk gradually and the melted shortening. Turn into greased muffin pans and bake in a hot oven twenty minutes. (Makes 12 muffins.) This is a good foundation recipe for all muffins. Graham, whole wheat, rye or barley flour may be substituted for one-half the wheat flour.

Cooked on top of a pot roast, this recipe makes dumplings or baked with slices of apple it makes a delicious pudding.

### TWIN-MOUNTAIN MUFFINS

- $\frac{1}{4}$  cupful shortening.
- $\frac{1}{4}$  cupful sugar.
- 1 egg.
- $\frac{3}{4}$  cupful milk.
- 2 cupfuls flour.
- 4 teaspoonfuls baking powder.
- $\frac{1}{2}$  teaspoonful salt.

Cream the shortening; add the sugar and egg, well beaten; sift baking powder and salt with flour, and add to the first mixture, alternating with milk. Bake in buttered gem pans twenty-five minutes.

### BERRY MUFFINS

- 2 cupfuls flour.
- 1 teaspoonful salt.
- 2 tablespoonfuls melted butter.
- $\frac{1}{4}$  cupful sugar.
- 4 teaspoonfuls baking powder.
- 1 egg.
- 1 cupful milk.
- 1 cupful berries.

Mix as for plain muffins; add berries last, dusting them with a little flour. Bake in muffin pans in a hot oven.

### APPLE GEMS

- 1 cupful corn meal.
- $1\frac{1}{2}$  cupfuls flour.
- $\frac{1}{2}$  teaspoonful salt.
- 2 tablespoonfuls sugar.
- 5 teaspoonfuls baking powder.
- 1 cupful milk.
- 4 sour apples.
- 2 tablespoonfuls molasses.

Sift dry ingredients together. Add enough milk to make thick batter. Beat well. Add apples, chopped fine, and molasses. Bake in hot greased gem pans fifteen to twenty minutes.



### DATE MUFFINS

- 2 cupfuls flour.
- 3 teaspoonfuls baking powder.
- $\frac{1}{2}$  teaspoonful salt.
- 2 eggs.
- 1 cupful milk.
- 3 tablespoonfuls melted fat.
- 1 cupful dates (stoned and chopped).

Mix and sift the flour, baking powder and salt. Beat the eggs thoroughly and add the milk to the eggs. Combine the mixtures and add the melted fat and dates. Mix the ingredients and turn the mixture into greased muffin tins. Bake in a moderate oven for twenty-five minutes.

### CEREAL MUFFINS

- $1\frac{1}{2}$  cupfuls barley flour.
- 1 teaspoonful salt.
- 3 teaspoonfuls baking powder.
- $\frac{1}{2}$  cupful cooked cereal.
- $\frac{3}{4}$  cupful milk.
- 1 egg (beaten light).
- 2 tablespoonfuls corn syrup.
- 2 tablespoonfuls melted shortening.

Sift together the dry ingredients. Break the cereal apart and mix with the milk to a smooth consistency. Hot or cold cereal may be used. Add the egg, corn syrup, and shortening, and stir into the dry ingredients. Bake in a hot, well-greased muffin pan about twenty minutes.

### CREAM OF MAIZE MUFFINS

- 1 cupful cream of maize.
- 1 cupful rye or barley flour.
- 4 teaspoonfuls baking powder.
- $\frac{1}{2}$  teaspoonful salt.
- 1 egg (beaten light).
- 1 tablespoonful corn syrup.
- $\frac{3}{4}$  cupful milk (about).
- $1\frac{1}{2}$  tablespoonfuls shortening.



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Put the maize into a bowl, sift in the other dry ingredients, add the liquid, and mix thoroughly. Bake in a hot, well-greased, iron muffin pan about twenty-five minutes. This makes 12 muffins.

#### BRAN MUFFINS

- 1 cupful barley flour.
- 1 teaspoonful salt.
- 4 teaspoonfuls baking powder.
- 1 cupful bran.
- $\frac{1}{4}$  cupful molasses.
- 1 egg (beaten light).
- $1\frac{1}{4}$  cupfuls milk.
- 2 tablespoonfuls melted shortening.

Sift together twice, barley flour, salt and baking powder; add the bran, molasses, the beaten egg with the milk and the shortening. Mix together thoroughly. Bake in hot, well-greased iron muffin pans about twenty-five minutes.

#### BUCKWHEAT MUFFINS

- $1\frac{1}{4}$  cupfuls buckwheat flour.
- $\frac{3}{4}$  cupful flour.
- 4 teaspoonfuls baking powder.
- 2 tablespoonfuls sugar.
- 1 teaspoonful salt.
- 1 cupful milk.
- 2 tablespoonfuls shortening.

Mix and sift dry ingredients; add milk and melted shortening and beat until smooth. Bake in greased muffin tins in hot oven twenty to twenty-five minutes.

#### RYE AND CORNMEAL MUFFINS

- $1\frac{1}{2}$  cupfuls rye flour or barley flour.
- $\frac{1}{2}$  cupful cornmeal.
- $\frac{1}{2}$  teaspoonful salt.
- 4 teaspoonfuls baking powder.

- 1 tablespoonful sugar.
- 1 $\frac{1}{4}$  cupfuls milk and water.
- 1 tablespoonful shortening.

Sift together dry ingredients; add milk and water and melted shortening. Beat well. Bake in greased muffin pans in hot oven thirty to thirty-five minutes.

### RICE AND CORNMEAL MUFFINS

- $\frac{1}{2}$  cupful white cornmeal.
- $\frac{1}{2}$  cupful flour.
- 1 teaspoonful salt.
- 2 teaspoonfuls baking powder.
- 1 cupful cold rice.
- 1 $\frac{1}{2}$  cupfuls milk.
- 2 eggs.
- 2 tablespoonfuls butter.

Sift the dry ingredients together, rub the rice in lightly with the tips of the fingers till every grain is separated. Beat the yolks of eggs till thick, mix with the milk, pour over the dry ingredients and beat well. Add the melted butter, and lastly the whites of eggs beaten dry. Bake in hot oven.

### MISSOURI HOE CAKE

Pass through a sieve, together, two cupfuls of cornmeal and half a teaspoonful, each, of salt and baking powder; add one tablespoonful of melted fat and stir in water to make a soft dough. Make into small cakes about half an inch thick and bake on a hot, greased griddle until well browned on both sides.

### POP-OVERS

- 2 cupfuls flour.
- $\frac{1}{2}$  teaspoonful salt.
- 1 $\frac{3}{4}$  cupfuls milk.
- 2 eggs.
- 1 teaspoonful shortening.

Mix salt and flour, add the milk gradually. Add the eggs, well beaten, and the melted shortening. Beat two minutes, using the Dover egg-beater; turn into hot buttered earthen or iron cups and bake forty-five minutes in a hot oven.

### BARLEY POP-OVERS

Beat two eggs, one cupful of barley flour, one teaspoonful of sugar, half a teaspoonful of salt, and one cupful of milk until very smooth. Use a Dover egg-beater. Bake about forty minutes in a hot, well-greased iron pan. The pop-overs are good, but will not puff quite as high as when made with wheat flour. One-fourth cupful of rice flour may replace half a cupful of the barley flour.

### GRAHAM BREAD

- 2 cupfuls graham flour.
- 2 cupfuls wheat flour.
- 1 teaspoonful soda.
- 1 teaspoonful baking powder.
- $\frac{1}{2}$  cupful sugar.
- 1 teaspoonful salt.
- 2 tablespoonfuls molasses.
- 2 cupfuls sour milk.
- 2 tablespoonfuls cold water.

Mix and sift the dry ingredients, add the molasses and sour milk, beat well, add the cold water, beat again, pour into a greased bread pan and bake forty minutes in moderate oven.

### CORNMEAL AND SQUASH BREAD

- $1\frac{1}{4}$  cupfuls flour.
- $\frac{3}{4}$  cupful cornmeal.
- $\frac{1}{2}$  cupful leftover cooked squash.
- 2 tablespoonfuls Mazola.
- 2 tablespoonfuls Karo.
- 1 teaspoonful salt.
- 4 teaspoonfuls baking powder.
- $\frac{1}{2}$  cupful milk.

Mix dry ingredients, add milk, squash and melted shortening. Bake in hot oven in cake tins about twenty-five minutes.

Leftover canned corn can be put through grinder and used in place of squash—both add bulk.

### NUT BREAD No. 1

- 4 cupfuls flour.
- 4 tablespoonfuls sugar.
- 6 teaspoonfuls baking powder.
- 1 teaspoonful salt.
- 2 cupfuls milk.
- 1 egg.
- $\frac{1}{2}$  cupful walnut meats.

Mix and sift the dry ingredients, add the milk, egg, well beaten, and the chopped nutmeats. Pour into a greased bread pan, let rise twenty minutes, and bake in a moderate oven. This makes two loaves.

### QUICK NUT BREAD No. 2

- 1 cupful barley flour.
- $\frac{1}{2}$  cupful corn flour.
- 5 teaspoonfuls baking powder.
- $1\frac{1}{2}$  teaspoonfuls salt.
- 1 cupful oat flour.
- $\frac{1}{4}$  cupful raisins.
- $\frac{1}{2}$  cupful nutmeats.
- 1 cupful milk.
- $\frac{1}{3}$  cupful molasses.
- 2 tablespoonfuls melted shortening.
- 1 egg.

Mix and sift barley flour, corn flour, baking powder and salt. Add oat flour or ground rolled oats, without sifting. Then add raisins and nuts cut in pieces, milk, molasses, melted shortening and egg, well-beaten. Beat thoroughly and put in greased bread pan. Let stand twenty minutes, and bake in moderate oven one hour. The egg may be





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omitted, but bread will not slice quite as well. The nuts or raisins or both may be omitted if desired. If the three flours are not available, the  $2\frac{1}{2}$  cups of flour called for may be made up of wheat flour.

### ONE-EGG GRIDDLE CAKES

- 3 cupfuls flour.
- 6 teaspoonfuls baking powder.
- 1 teaspoonful salt.
- 1 egg.
- 2 tablespoonfuls melted butter.
- 2 cupfuls milk.

Sift the dry ingredients, separate the egg, and add to flour the milk and beaten yolk. Beat thoroughly, add the melted butter and white of egg, beaten to a stiff froth. Bake at once on a hot griddle.

### CORNMEAL FLAP JACKS

- $\frac{2}{3}$  cupful cornmeal.
- $\frac{1}{3}$  cupful rye flour.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{3}{4}$  teaspoonful soda.
- 1 egg.
- $1\frac{1}{2}$  cupfuls sour milk.
- $\frac{1}{2}$  tablespoonful melted shortening.

Mix and sift dry ingredients. Add the beaten egg and milk to the mixture. Mix thoroughly. Add melted shortening and beat well. Drop from a spoon on to a hot greased griddle; turn. When brown, serve.

### CREAM OF MAIZE GRIDDLE CAKES

- 1 cupful cream of maize.
- $\frac{1}{4}$  cupful corn flour.
- $\frac{1}{2}$  cupful rye or barley flour.
- $\frac{1}{2}$  teaspoonful soda.
- 1 teaspoonful baking powder.

- $\frac{1}{2}$  teaspoonful salt.
- 1 egg (beaten very light).
- 1 cupful sour cream or
- 1 cupful whey.
- 2 tablespoonfuls melted shortening.

Put the maize in a bowl; put the flour, soda, salt and baking powder into a sieve together and sift them over the maize. When ready to bake, add the liquid ingredients and mix thoroughly. Bake on a hot, well-greased griddle.

#### **SOUR-MILK DOUGHNUTS**

- 2 cupfuls flour.
- $\frac{3}{4}$  teaspoonful salt.
- 1 scant teaspoonful soda.
- 1 teaspoonful baking powder.
- Grating of nutmeg.
- $\frac{1}{2}$  tablespoonful shortening (melted).
- 1 egg.
- $\frac{1}{2}$  cupful sugar.
- $\frac{1}{2}$  cupful sour milk.

Sift together the dry ingredients, add the shortening, the sugar, well-beaten egg, and milk; beat thoroughly and toss the dough on a floured board. It should be a soft dough, and it is not easy to handle. Use a knife in turning it over if you have any difficulty. Knead lightly and roll into a sheet. Cut the doughnuts with a ring cutter and fry in hot fat, putting only about four in the kettle at once. If more are fried at a time, the fat will cool and the doughnuts become greasy.

#### **DOUGHNUTS**

- 1 egg.
- 1 cupful sugar.
- 2 tablespoonfuls melted shortening.
- 2 cupfuls milk.
- 4 cupfuls flour (or more).
- 6 teaspoonfuls baking powder.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{2}$  teaspoonful nutmeg.



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Beat the egg until light, add the sugar gradually, then the melted shortening. Mix and sift the flour, baking powder, salt and nutmeg and add to first mixture alternately with the milk. Add enough more flour to make a soft dough. Turn on a flour board, roll to one inch in thickness, shape and fry in deep fat.

### WAFFLES

- 1 cupful flour.
- $\frac{1}{2}$  teaspoonful salt.
- 2 teaspoonfuls baking powder.
- 2 eggs.
- 1 cup milk.
- 2 tablespoonfuls melted butter.

Sift together the flour, salt and baking powder; add the beaten yolks of eggs and milk, beating well so as to make a smooth batter. Stir in the melted butter and last, the stiffly beaten whites of eggs. Bake in hot, well-greased waffle irons, turning the cakes just as soon as possible after the batter is put in all the compartments of the iron.

### BAKING POWDERS

Baking Powders have for their essential constituents sodium bicarbonate and some form of acid or acid salt. During the bread-making process in which they are employed, under the influence of the liquid used in mixing the dough, chemical reaction more or less complete ensues between these constituents. This results in the evolution of the leavening carbon dioxide gas, which eventually passes off and a fixed residue which remains. It is, therefore, the character of this residue which determines the hygienic quality of any baking powder.

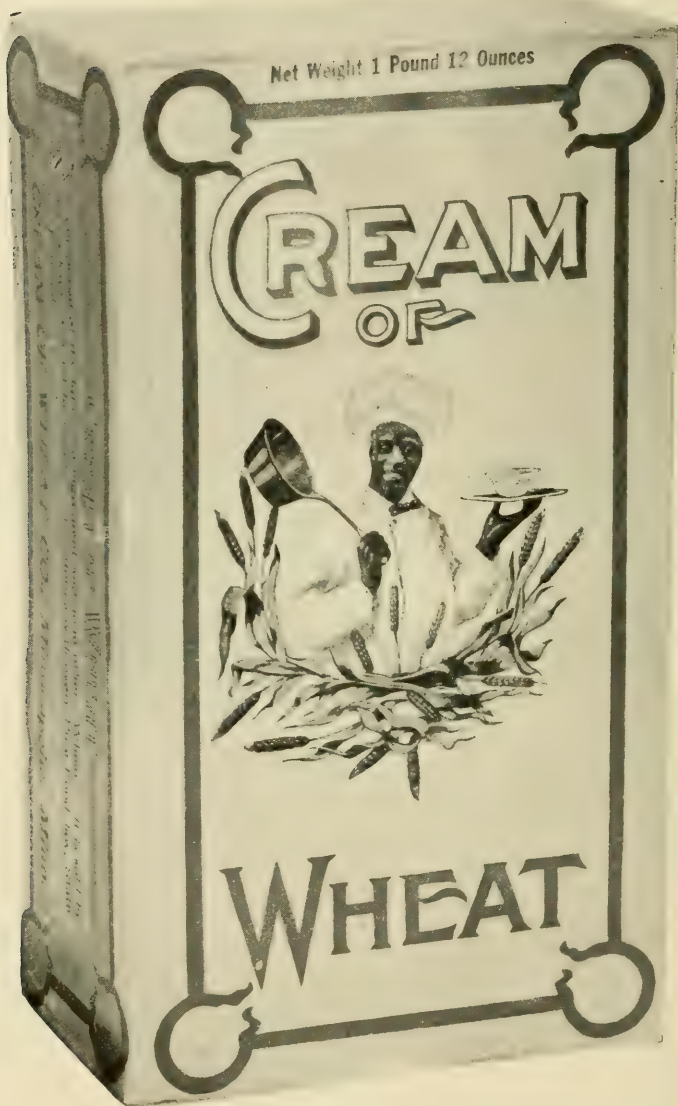
Based upon these residues, Baking Powders may be conveniently divided into three groups:

1. Baking powders made of cream of tartar, baking soda and a little starch. The resulting salt is the Rochelle Salt known in medicine. These powders are highest in price.

2. Powders made of acid phosphate and baking soda, the resulting salt being harmless. These include the medium-priced baking powders.

3. Cheap baking powders, which usually contain some alum. These should be avoided, as they are not safe to use.





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## CHAPTER V

### CEREALS\*

Cereals are grains, and include wheat, oats, rice, rye, barley, corn, etc., and among them are many valuable foods. In what we call breakfast cereals we have a number of foods that are unusually rich in nitrogenous matter and mineral substances; therefore making an excellent morning meal with no further addition than milk or cream, for all cereals are lacking in fat.

Unless cereals can be subjected to the long, slow cooking which is necessary, they had better not be eaten, for nothing is so indigestible as half-raw cereal. Most of the cereals put up in packages, so the directions say, can be cooked in half an hour, but that is not possible. Few of them, except the fine-grained wheat foods, are fit to eat till they have had at least one hour's cooking in a double boiler. If they can have longer they are so much the better. Always add salt to a cereal—one teaspoonful to a quart of water—and let it dissolve before the grains are put in, so it will flavor the whole mass.

The best way to cook any rough-grained cereal is to drop it slowly into water which is boiling briskly in the upper part of a double boiler. After cooking for a few minutes on the stove, set it over the water and allow the grains to swell slowly so the food is stiff enough to be chewed.

Cornmeal demands a long time for cooking—at least six hours—and it swells, so it should have six times the same measurement of water. Granular cereals—farina, for instance—should be mixed with a little cold water and stirred smooth before being added to the necessary amount of boiling water; this prevents it from becoming lumpy.

Buy cereals in small quantities and store in glass jars with tight-fitting lids instead of the pasteboard boxes in

\*Extract from Farmers' Bulletin 249, "Cereal Breakfast Foods."

which they are sold. This keeps them fresher and safe from the invasion of moths or mice.

There is such a bewildering variety of cereal breakfast foods on the market, with such differences in appearance, taste, and claims to nutritive value, that it is hard to make an intelligent choice among them. True economy here, as with other kinds of food, depends upon the amount of digestible nutrients which can be obtained for a given sum of money.

Of the five cereals most commonly used for breakfast foods, oats contain perhaps the largest quantities of the important nutrients, with a fairly low proportion of crude fiber. Wheat ranks very close to oats in all respects, however, and even when prepared with the bran is freer from crude fiber. Many persons consider that the bran contains so much protein and desirable mineral matters that it should be retained in spite of the crude fiber which it contains. Digestion experiments indicate, however, that the crude fiber makes the whole material so much less digestible that more protein is actually available to the body when the bran is excluded. Moreover, the ordinary mixed diet probably furnishes all the mineral matters which the healthy body needs, so bran is not needed for this purpose. The bran-containing preparations should be avoided by persons of weak digestion, but are often useful in cases of constipation. Such differences are, however, too small to be of importance to normal, healthy persons, and all the ordinary varieties of breakfast cereals are wholesome. Individual taste must determine which are most palatable. Appearance, palatability and relative cost will always and rightly be important features in the selection of all these cereal breakfast foods. Corn and its preparations are rich in carbohydrates and fat, but are slightly less digestible than the other cereals. Rice is poor in protein, but remarkably free from crude fiber, and consequently furnishes a large proportion of digestible carbohydrates. Barley contains a fair proportion of nutrients

and is moderately digestible. All these differences in composition and digestibility are comparatively slight and may be disregarded by healthy persons living on the ordinary mixed diet.

Thoroughness of cooking is a factor which has a bearing upon digestibility. It not only makes the cereals more palatable, but also breaks down the walls of indigestible cellulose which surround the starch grains and other nutrients and produces other changes so that the digestive juices can work on the nutritive ingredients more effectively. Poorly cooked cereals are less palatable than the same dishes well cooked, and may cause indigestion and be really harmful. When the partially cooked preparations are used care should be taken to insure sufficient re-cooking before serving. The majority of the ready-to-eat brands are apparently thoroughly cooked.

In choosing among the various breakfast foods it must be remembered that a novel appearance and quasi-scientific name do not necessarily represent any usual food value. Unless something is added during the process of manufacture, all brands must have just about the same composition as the cereals from which they are made, as manipulation cannot increase the amount of food material in a cereal product, though it may materially modify its appearance and flavor.

It should not be forgotten that breakfast cereals of all sorts are usually free from harmful adulterants and that, especially in the case of package goods, they reach the consumer in a clean, fresh condition. The retail prices of breakfast cereals run all the way from 5 cents a pound for some of the plain meals sold in bulk to 15 cents or more for some of the ready-to-eat brands. The proportion of nutrients supplied, pound for pound, does not differ greatly. The partially cooked brands, usually medium priced, are certainly easier to prepare than the raw grains, and may be more truly economical in households where time, labor, and fuel are scarce. In general, the ready-to-eat brands are

higher in price than the partially cooked goods, though they have practically the same nutritive value, pound for pound, as other classes of cereal breakfast foods. The extent to which they should be used for their special flavor and the variety they give to the diet must be decided according to individual circumstances. It is only fair to add, however, that, whatever the relative food values of malted and unmalted foods, the cost of the former to the manufacturer is greater, and the increased price is to this extent justified.

All things considered, the cereal breakfast foods as a class are nutritious, convenient, and reasonably economical foods and worthy of an important place in the diet when judiciously combined with other foods.

#### TIME-TABLE FOR COOKING CEREALS

Cereal	Water	Salt	Time
Rolled Oats . . . . .	1 cupful 2½ cupfuls	½ teaspoonful	40 minutes
Coarse Oatmeal . . .	1 cupful 4 cupfuls	1½ teaspoonfuls	5 hours
Cornmeal Mush . . .	1 cupful 3 to 3½ cupfuls	1½ teaspoonfuls	3 hours
Fine Hominy . . . .	1 cupful 6 cupfuls	1½ teaspoonfuls	1 hour
Cracked Wheat . . .	1 cupful 4 cupfuls	1½ teaspoonfuls	1 hour
Cream of Wheat . .	1 cupful 4 cupfuls	1½ teaspoonfuls	45 minutes
Rice (Steamed) . . .	1 cupful 3 cupfuls	1 teaspoonful	45 to 60 minutes

#### TABLE SHOWING COMPOSITION

	Proteid	Fat	Starch	Mineral Matter	Water
Oatmeal . . . . .	15.6	7.3	68.0	1.9	7.2
Corn Meal . . . . .	8.9	2.2	75.1	0.9	12.9
Wheat Flour (Spring) . . . . .	11.8	1.1	75.0	0.5	11.6
Wheat Flour (Winter) . . . . .	10.4	1.0	75.6	0.5	12.5
Entire Wheat Flour . . . . .	14.2	1.9	70.6	1.2	12.1
Graham Flour . . . . .	13.7	2.2	70.3	2.0	11.8
Pearl Barley . . . . .	9.3	1.0	77.6	1.3	10.8
Rye Meal . . . . .	7.1	0.9	78.5	0.8	12.7
Rice . . . . .	7.8	0.4	79.4	0.4	12.4
Buckwheat Flour . . . . .	6.1	1.0	77.2	1.4	14.3
Macaroni . . . . .	11.7	1.6	72.9	3.0	10.8

(Department of Agriculture, Washington, D. C.)



**H-O FOR BREAKFAST**



**H-O** {HORNBY'S OAT-MEAL} **Has Flavor And Digestibility. It's Different From Ordinary Oatmeal.**

*"I want some more"* OLIVER TWIST

WEIGHT ONE POUND FOUR OZ. NET

**Company**  
N.Y.

**INSTRUCTIONS.**  
To make H-O porridge, put one part H-O to four parts boiling water. Stir well and cook for five minutes. Add salt and sugar to taste. H-O is a better food than any other oatmeal.

You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*



### OATMEAL MUSH

1 cupful granulated oatmeal.

1 teaspoonful salt.

1 scant quart boiling water.

Put the oatmeal and salt in a double boiler, pour on the boiling water, and cook three or four hours. Remove the cover just before serving, and stir with a fork to let the steam escape.

### HOMINY MUSH

$\frac{1}{2}$  cupful fine hominy.

$\frac{1}{2}$  teaspoonful salt.

3 cupfuls boiling water.

Put all together in a double boiler, and cook one hour. Add more water if mush seems stiff; all preparations of corn absorb a great deal of water in cooking, and hominy usually needs a little more than four times its bulk.

### BAKED HOMINY (Southern Style)

$\frac{3}{4}$  cupful fine hominy.

1 teaspoonful salt.

1 cupful boiling water.

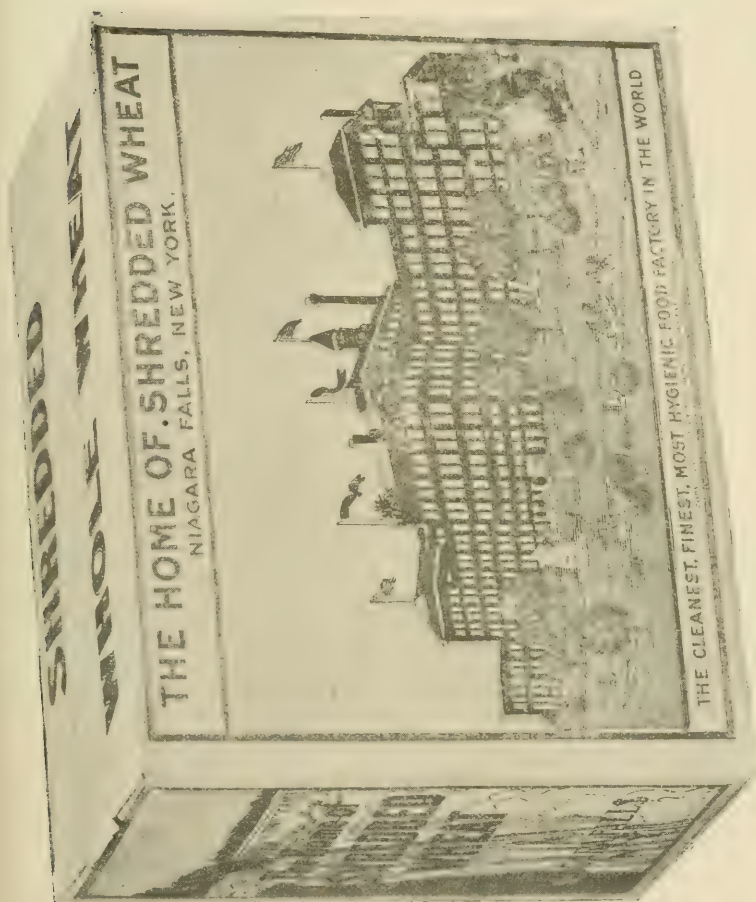
2 tablespoonfuls butter.

1 tablespoonful sugar.

1 egg.

2 cupfuls milk.

Mix water and salt and add gradually, while stirring constantly the hominy. Bring to the boiling point and let boil two minutes. Then cook in double boiler until the water is absorbed. Add one cupful milk, and cook one hour. Remove from fire and add butter, sugar, egg slightly beaten, and the remaining milk. Turn into a buttered dish and bake in a slow oven one hour.



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*Laura A. Hunt.*

## CEREAL WITH FRUIT

$\frac{3}{4}$  cupful wheat germ, farina or wheatina.

$\frac{3}{4}$  cupful cold water.

2 cupfuls boiling water.

1 teaspoonful salt.

$\frac{1}{2}$  pound dates, stoned and cut in pieces.

Mix cereal, salt, and cold water; add to boiling water in a saucepan. Boil five minutes, steam in double boiler thirty minutes, stir in dates, and serve with cream. Serve for breakfast or as a simple dessert. (Fannie M. Farmer.)

## HASTY PUDDING

1 cupful cornmeal.

2 tablespoonfuls flour.

1 teaspoonful salt.

1 cupful milk.

2 cupfuls boiling water.

Mix the meal, flour, and salt with the milk; when smooth, stir in the boiling water. Cook in a double boiler one hour or more; or over direct heat, one half hour. Serve with cream and sugar, or turn into tins to cool if wanted for sautéing. Cut into slices, dip in flour, and sauté in drippings or butter.

## POLENTA WITH CHEESE

2 cupfuls boiling water.

2 cupfuls milk.

1 teaspoonful salt.

1 cupful cornmeal.

1 cupful cheese grated, or soft cheese cut fine.

Put the water and milk in a saucepan, heat to the boiling point, add the salt and slowly stir in the cornmeal. Cook over hot water 2 hours, then add the cheese and pour into a shallow pan in a layer one-half inch thick. When cold, cut in squares, dip in crumbs, then in egg and in crumbs again. Fry in deep fat.

### POLENTA WITH DATES

Use the recipe for polenta with cheese and for the cheese substitute one and one-half cupfuls of dates, washed, stoned and cut in pieces. Serve hot as a cereal or a dessert. Cooked apricots, prunes or figs may be substituted in place of the dates.

### STEAMED RICE

- 1 cupful rice.
- 1 teaspoonful salt.
- 3 cupfuls boiling water.

Pick over the rice and wash in three or four waters. Put it with the salt and boiling water in upper part of double boiler. Cook over boiling water. Do not stir while cooking. Steam until the grains are tender.

### BOILED RICE

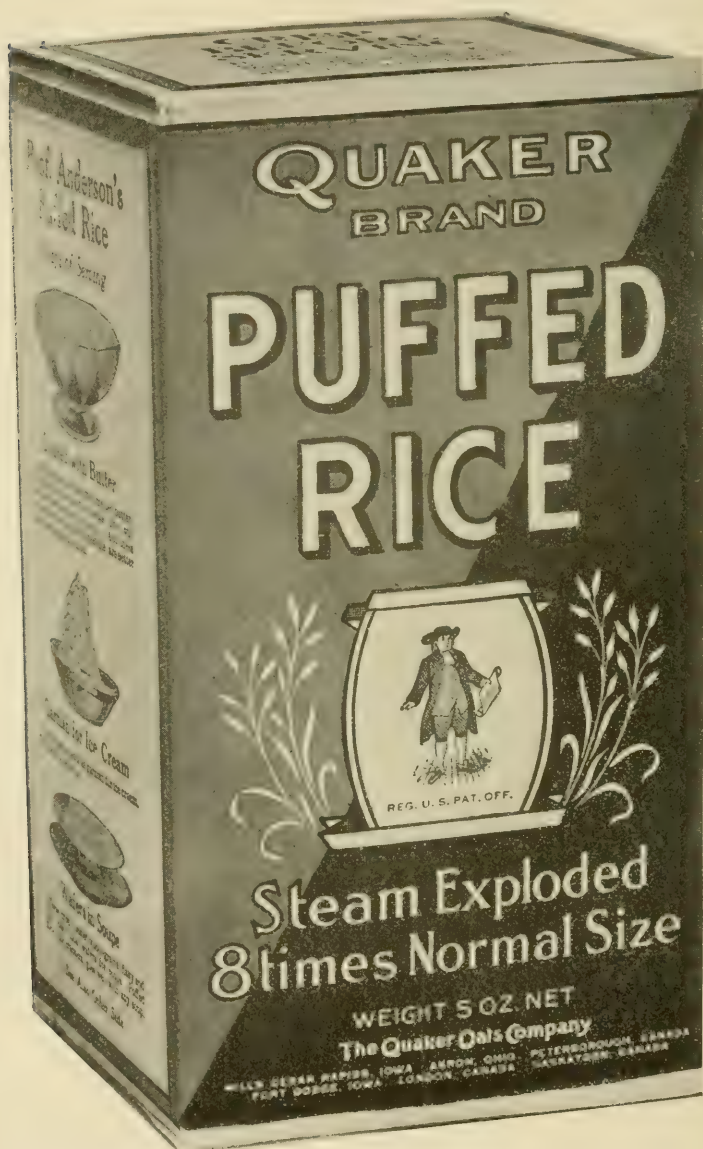
- $\frac{1}{4}$  cupful rice.
- 1 teaspoonful salt.
- 4 cupfuls boiling water.

Wash rice thoroughly and gradually add to boiling water, care being taken that the water does not stop boiling. Cover and cook twenty minutes, or until grains are soft. Turn into a strainer and drain, put in oven a few moments to dry, with oven door open.

### RICE MILANAISE

- 1 cupful rice.
- 2 tablespoonfuls butter.
- 1 onion.
- 1 quart stock.
- 1 teaspoonful salt.
- 2 tablespoonfuls butter.
- $\frac{1}{2}$  cupful grated cheese.

Cook the rice in a quart of water, stir until the boiling point is reached, and let boil three or four minutes, then drain and rinse in cold water and dry for a few minutes.



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*Laura A. Hunt.*

Put the butter into a saucepan; cook in it until softened, a slice of onion chopped fine; then add the rice, stock and salt; cook until the rice is tender and the liquid absorbed; add the butter and grated cheese. Lift the rice with a fork to mix the butter and cheese evenly. Vary the dish occasionally by adding a cup of strained tomato with the broth and two tablespoonfuls chopped green pepper with onion.

### TURKISH PILAF

$\frac{1}{2}$  cupful rice.

$\frac{3}{4}$  cupful tomatoes, stewed and strained.

1 cupful brown stock, seasoned.

3 tablespoonfuls butter.

Add tomato to stock, and heat to boiling point, add rice, and steam till soft; stir in butter with a fork, and keep uncovered that steam may escape. Serve in place of a vegetable, or as a border for curried or fricasseed meat. (Fannie M. Farmer.)

### RISOTTO

1 cupful rice.

2 tablespoonfuls butter.

$\frac{1}{2}$  onion.

1 cupful tomato.

$1\frac{1}{2}$  teaspoonfuls salt.

Paprika.

2-3 cupfuls stock or water.

$\frac{1}{2}$  cupful grated cheese.

Wash the rice and cook five minutes in boiling, salted water. Drain and rinse with cold water. Melt the butter, add the onion, and the rice and cook until the butter is absorbed. Add the tomato, salt, paprika and the stock or water and cook until the rice is tender and the liquid is absorbed. Remove the onion, add the grated cheese mixing with a fork. Serve very hot.



MACARONI

### MACARONI WITH WHITE SAUCE

1 cupful macaroni, broken into pieces.

2½ quarts boiling water.

1 tablespoonful salt.

Cook macaroni in boiling salted water twenty minutes or until soft, drain in a strainer and pour cold water through it to prevent pieces from sticking. Re-heat in white sauce. For white sauce melt 2 tablespoonfuls oleomargarine or other butter substitute, add 2 tablespoonfuls flour; when smooth, add slowly 1½ cupfuls milk. Cook until the sauce thickens. Season with salt and pepper.

### BAKED MACARONI

Place macaroni with white sauce in a buttered baking dish. Sprinkle generously with buttered crumbs and bake in a moderately hot oven until the crumbs are brown.

To prepare buttered crumbs.

To 1 cupful crumbs use ¼ cupful butter or butter substitute. Roll dry bread or crackers to make fine crumbs. Melt the butter and pour over the crumbs.

### BAKED MACARONI WITH CHEESE

Put a layer of boiled macaroni in a buttered baking dish, sprinkle with grated cheese, add another layer of macaroni and a second layer of cheese, add 2 cupfuls of white sauce, cover with buttered crumbs and bake until the crumbs are brown and the sauce boils up around the sides of the dish.

### MACARONI WITH TOMATOES

Break half a pound of macaroni into inch lengths and boil in salted water until tender. Drain, and put a layer of the macaroni in the bottom of a greased pudding dish, sprinkle with pepper, salt, onion juice, and grated cheese. Cover all with a layer of stewed and strained tomatoes that have been previously seasoned to taste. On these place another layer of macaroni, and repeat till the dish is full. The



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topmost layer must be of tomatoes sprinkled with buttered crumbs. Bake in hot oven, covered for twenty minutes, then bake, uncovered, until the crumbs are brown. (Marion Harland.)

### **MACARONI (Virginia Style)**

- 1½ cupfuls macaroni.
- 2 tablespoonfuls butter.
- 1 teaspoonful mustard.
- ½ cupful grated cheese.
- 1¼ cupfuls white sauce I.
- 3 tablespoonfuls dried bread crumbs.

Break macaroni in one-inch pieces and cook in boiling, salted water twenty minutes or until soft; drain in colander and pour over one quart cold water. Put half in buttered baking dish, dot over with one-fourth the butter and sprinkle with one-half the mustard and cheese; repeat, pour white sauce, cover with dried bread crumbs mixed with remaining butter and bake in a hot oven until crumbs are brown.

### **BAKED MACARONI WITH CHIPPED DRIED BEEF**

Break macaroni in one-inch pieces (there should be three-fourths cupful) and cook in boiling, salted water until soft; drain and pour over one quart of cold water. Remove skin from one-fourth pound thinly sliced smoked dried beef and separate pieces. Cover with hot water, let stand ten minutes, and drain. Arrange in buttered baking dish alternate layers of macaroni and dried beef, having two of each. Pour over two cupfuls white sauce, cover with three-fourths cupful buttered cracker crumbs and bake in a hot oven until the crumbs are brown. For the white sauce melt two tablespoonfuls butter, add two tablespoonfuls flour and add gradually, while stirring constantly, two cupfuls milk. Bring to the boiling point and add one-half teaspoonful salt and one-eighth teaspoonful pepper.

### SPAGHETTI

Spaghetti is a flour paste like macaroni, but is in the form of a much smaller tube than macaroni.

It may be served in any way in which macaroni is served and is most often cooked with tomato sauce. It is cooked in long strips rather than being broken; to do this hold the spaghetti to be cooked in the hand, dip the ends into the boiling salted water; as the spaghetti softens it will bend and may be coiled under water.

### CREOLE SPAGHETTI

2 cupfuls Spaghetti broken in pieces.

1 onion finely chopped.

1 green pepper (finely chopped).

3 tablespoonfuls bacon fat.

1 cupful tomatoes.

$\frac{1}{2}$  teaspoonful salt.

$\frac{1}{2}$  teaspoonful paprika.

Cook the spaghetti in boiling salted water until tender. Drain and rinse to prevent pieces adhering. Cook the onion and pepper in the bacon fat for ten minutes, stirring occasionally, add the tomatoes, salt and paprika, put in the top of a double boiler, add the spaghetti and cook  $\frac{1}{2}$  hour.



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*Laura A. Hunt.*



## CHAPTER VI

### VEGETABLES

Vegetable foods may be divided into a few general the diet, which neither meats nor cereals, fruits nor sweets can play.

#### CLASSIFICATION OF VEGETABLES\*

Vegetable foods may be divided into a few general classes. These are cereals, legumes, tubers, roots and bulbs, herbaceous or green vegetables, and vegetable fruits and flowers. The cereals are the most valuable of the vegetable foods, including as they do the grains from which are made nearly all the bread of the world. The use of cereals for bread making, for breakfast foods, and in similar ways is taken up elsewhere.

Legumes belong to the pulse family. The fruit is usually in the shape of a pod. Beans, peas, cowpeas, and lentils are the legumes principally employed as human food. The dried seeds of beans, peas, and lentils constitute a most valuable all-the-year-round food supply. The seeds occupy small space, keep well, and may be prepared in a great many appetizing and nutritious forms.

The ripe leguminous seeds are very rich in nitrogenous matter. When properly cooked and consumed in reasonable quantities peas, beans, and lentils may replace a portion of the meat in the daily dietary.

Among the foods served as table vegetables, tubers and roots have an important place. The potato comes next to the cereals in its almost universal employment. We have no other vegetable that lends itself to such a variety of preparations. The potato contains a large percentage of water, a fair percentage of starch, a very small percentage

\*Extract from Farmers' Bulletin 256, "Preparation of Vegetables for the Table."

of sugar, and nitrogenous, fatty, and gummy matter, and about 1 per cent. of mineral matter. The mineral matter consists of potash and soda salts, citrates, phosphates, magnesia, and silicate of lime. It is to this mineral matter that the potato owes its antiscorbutic properties.

The true roots most used as table vegetables are beets, radishes, turnips, parsnips, carrots, salsify, and celeriac. Both the parsnip and salsify withstand frost and may be left in the ground all winter, thus making it possible to have these vegetables in the early spring as well as in the fall.

The bulb-bearing plants belong to the lily family, the onion being the bulb most generally used as a vegetable and flavorer.

The herbaceous vegetables cabbage, lettuce, celery, spinach, etc., are valuable for their refreshing qualities, the salts they yield, and the variety they give to our diet; but owing to the amount of water they contain (90 per cent. or more on an average) their food value is low. The leaves, stems, and shoots are the parts used as food. These vegetables should be employed while young and tender; the more rapidly the vegetables grow the more tender they will be. The list of herbaceous vegetables is long and includes the cabbage tribe, celery, asparagus, and all the green leaves, stalks, and shoots that are employed, cooked, or used as salads.

Fruits used as vegetables include tomatoes, okra, squash, pumpkin, cucumber, eggplant, and peppers, among others.

### GENERAL PRINCIPLES UNDERLYING VEGETABLE COOKING

Vegetables are baked, roasted, fried, or boiled, they are used for making a great variety of dishes, and are prepared for the table in other ways; but the most common method of cooking them is in boiling water. Steaming is not infrequently resorted to as a method of cooking vegetables and is, of course, similar in principle to boiling in water.

The simpler the methods of cooking and serving vegetables the better. A properly grown and well-cooked vegetable will be palatable and readily digestible.

All green vegetables, roots, and tubers should be crisp and firm when put on to cook. If for any reason a vegetable has lost its firmness and crispness, it should be soaked in very cold water until it becomes crisp. With new vegetables this will be only a matter of minutes, while old roots and tubers often require many hours. All vegetables should be thoroughly cleaned just before being put on to cook. Vegetables that form in heads, such as cabbage, cauliflower, and Brussels sprouts, should be soaked, heads turned down, in salted cold water, to which a few spoonfuls of vinegar may be added. If there are any worms or other forms of animal life in these vegetables, they will crawl out. To secure the best results all vegetables except the dried legumes should be put in boiling water, and the water made to boil again as soon as possible after the vegetables have been added, and should be kept boiling until the cooking is finished. Herbaceous vegetables should boil rapidly all the time. With tubers, roots, cauliflower, etc., the boiling should not be so violent as to break the vegetables.

To secure the most appetizing and palatable dishes, only fresh tender vegetables should be cooked. If, however, green beans, peas, etc., have grown a little too old and it still seems best to gather them, a very small amount of baking soda added to the water in which they are boiled makes them more tender, it is commonly believed, and helps to retain the color. Too much soda injures the flavor, an excess must be carefully avoided.

In preparing vegetables for the table the careful cook will remove all edible portions and will see to it that the total amount of refuse is as small as is consistent with good quality. Thin paring of potatoes and other vegetables is an economy which is worth while to practice, and is an easy way of decreasing useless loss.

PREPARATION AND COOKING OF VEGETABLES

VEGETABLE	WAYS OF SERVING	PREPARATION	METHODS OF COOKING	TIME
ARTICHOKES (Jerusalem)	Plain or creamed	Wash, scrape, soak in water to which a little vinegar is added	Boil in salted water	30-45 minutes
ASPARAGUS	On toast or creamed	Wash, scrape off scales, cut off hard ends	Boil (tips up)	20-30 minutes
BEANS (String)	With butter or cream	Shell and wash	Boil (add salt and soda to water)	1-1½ hours
BEANS (Shell)	With butter or cream	Wash, string, cut in half-inch pieces	Boil	1-2 hours
BEEETS	With butter or vinegar sauce	Wash, cut tops half-inch from beet	Boil (plunge in cold water when done to remove skins easily)	1 hour or more
BRUSSELS SPROUTS	With butter or creamed	Pick over, remove bad leaves, soak half-hour in cold water	Boil (change water two or three times)	15-20 minutes
CABBAGE	With butter, creamed or scalloped	Cut in quarters, soak half-hour in salted water	Boil rapidly	12-15 minutes
CARROTS	With butter, creamed or combined with green peas	Cut off tops, wash, scrape and slice	Boil	1 hour
CAULIFLOWER	Plain or creamed	Soak head down in cold water half hour. Remove stem and leaves	Cook tied in a cloth (boil)	20-30 minutes
CELERY	Uncooked or boiled, with cream sauce added	Wash, scrape, remove roots and large leaves. Soak in salted water	Boil	30 minutes

PREPARATION AND COOKING OF VEGETABLES

VEGETABLE	WAYS OF SERVING	PREPARATION	METHODS OF COOKING	TIME
CORN	Serve on cob or cut, with butter	Remove husks and silk	Boil	8-20 minutes
CUCUMBER	Raw or boiled and creamed	Pare, cut end, slice		
EGG PLANT	Boiled, fried or baked	Pare, cut in slices, wash, sprinkle with salt, press several hours	Boil, sauté, fry or bake	To bake, parboil 15 minutes. Stuff with crumbs; bake 15 minutes
ENDIVE	Salad or boiled and creamed	Wash, soak till crisp	Boil	
GREENS	Plain	Pick over, remove roots, wash till clear of sand in <i>many</i> waters.	Boil	25-30 minutes
KOHLRABI	With butter, plain or mashed	Wash, pare, slice	Boil	35-50 minutes
LETTUCE	Salad or as greens	Wash, remove, withered leaves, put in closed jar in cold place		
MUSHROOMS	Plain, cream sauce, fried or sautéd	Wash, remove stems. Reject if there are holes in cap. Skin if not clean	Boil	
ONION	Plain, with cream or stuffed	Peel under water. Soak in cold water.	Cook in 3 waters. Salt the last water	40-60 minutes
OYSTER PLANT (Salsify)	Plain, creamed, fritters	Wash, scrape, soak in water to which a little vinegar is added	Boil	30 minutes
OKRA	Creamed or used in soup	Wash, cut off stem, and remove ribs	Boil	20-30 minutes

PREPARATION AND COOKING OF VEGETABLES

VEGETABLE	WAYS OF SERVING	PREPARATION	METHODS OF COOKING	TIME
PEAS	Plain, creamed	Shell, pick over, and wash	Boil	20-30 minutes
PARSNIPS	Buttered, creamed, fried	Wash, scrape, soak	Boil	30-40 minutes
PEPPERS	Stuffed, creamed	Wash, remove <i>all</i> seeds, parboil 10 minutes	Bake	1 hour
POTATOES (White)	Many ways	Keep free from sprouts. New: wash and scrape Old: wash, pare and soak. May be cooked in skin	Boil Bake	20-30 minutes 30-50 minutes
POTATOES (Sweet)	Many ways	Wash, pare or cook in skins	Boil Bake	20-25 minutes 30-45 minutes
PUMPKIN	Usually used for pies. Cook like squash	Keep dry	Boil	30-60 minutes
RADISHES	Raw — cut in flower shapes	Wash and crisp in cold water		
SQUASH	Mashed and seasoned for pies	Wash, cut, pare or cut in pieces and bake in shell	Boil Bake	20-30 minutes 30 minutes
TURNIP	Mashed or creamed	Wash, slice, pare, cut in dice	Boil	30-40 minutes
TOMATO	Raw, stewed, fried, baked, stuffed Garnish or salad	Raw: stand in boiling water 1 minute to remove skin. Cooked: wash, peel, cut	Boil	15-20 minutes
WATERCRESS		Wash, cut stems, crisp in cold water		



### CREAMED AND SCALLOPED VEGETABLES

Vegetables may be creamed by cutting them into cubes when cooked, adding White Sauce, and then reheating. If the cut vegetables are cold, they can be heated by adding them to the sauce with the last portion of liquid. By the time the sauce reaches the boiling point, the vegetables will be heated. Care should be taken not to break the vegetables while heating them in the sauce. Care should also be taken to prevent the sauce from scorching. An asbestos mat over a gas burner is desirable for this purpose. Use one part of white sauce with 2 or 3 parts of diced vegetables.

Vegetables may be scalloped by placing Creamed Vegetables in an oiled baking dish, covering with buttered crumbs, and browning in the oven. A scalloped vegetable should be served from the dish in which it is baked.

### CREAM SAUCE FOR VEGETABLES

Blend 2 tablespoonfuls butter with 2 tablespoonfuls flour; then add gradually 1 pint hot milk, and beat till creamy. Add  $\frac{1}{2}$  teaspoonful salt, a speck of pepper. Let the sauce boil up once.

### CRUMBS FOR SCALLOPED DISHES

1 cupful soft bread crumbs.

$\frac{1}{8}$  teaspoonful salt.

White pepper.

1 tablespoonful butter or butter substitute.

Mix seasonings and crumbs together, then add to the melted butter, or place the butter in bits over the seasoned crumbs.

### JERUSALEM ARTICHOKEs

2 tablespoonfuls Crisco.

1 pound artichokes.

2 tablespoonfuls flour.

1 yolk of egg.

2 teaspoonfuls lemon juice.

1  $\frac{1}{2}$  cupfuls of milk.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

2 tablespoonfuls cream.

Salt and pepper to taste.

1 teaspoonful chopped parsley.

$\frac{1}{4}$  cupful vinegar.

1 pint boiling milk.

Wash and scrape artichokes, and place in cold water containing vinegar; when all are done, rinse in water and put into boiling milk, add one cupful boiling water and one teaspoonful of salt. Boil quickly with lid off. When tender lift into hot dish and cover with sauce. For sauce: blend Crisco and flour in saucepan over fire, add milk, salt and pepper and cook five minutes. Remove from fire, add egg beaten with cream and lemon juice, pour over artichokes and sprinkle parsley over top.

### HARVARD BEETS

Wash 12 small beets, cook in boiling water until soft, dip in cold water to remove skins, and cut beets in thin slices, or small cubes. Mix one-half cupful sugar and one-half tablespoonful corn-starch. Add one-half cupful vinegar and let boil five minutes. Pour over beets, and let stand on back of range one-half hour. Just before serving add two tablespoonfuls butter.

### BAKED BEANS

Soak dried beans over night, cook the beans gently until the skins begin to break, then drain off the water. Put a layer of beans in a bean pot or deep earthen dish, and on this layer, in the center of the dish, place a piece of salt pork ("streak of fat and streak of lean") having the rind side up, using for 1 quart of beans a half-pound of pork; the rind should be scored. Fill up the dish with the beans, and add seasonings and water to cover the beans. The simplest seasoning is one tablespoonful of salt and half a teaspoonful of pepper to a quart of beans. Mix the salt and pepper with the water. If liked, a tablespoonful of

mustard may be added as well as a tablespoonful or more of molasses and an onion. Instead of the pork a piece of salt or fat beef or mutton may be employed. In this case there should be from  $1\frac{1}{2}$  to 2 pounds of the meat per quart of beans. If fresh meat is used, add more salt to the beans. If, on the other hand, salt meat is used, probably 1 teaspoonful of salt will be enough for each quart of beans.

When mutton is employed trim off every particle of the skin.

Bake the beans in a very moderate oven for eight or ten hours. Add a little boiling water from time to time, but never enough to bring the water beyond the top of the beans. Any kind of beans may be baked in this manner. However, the small pea beans are the best for "Boston baked beans." The Lima and large white beans are best for the deep earthen dish. Uncover the beans while baking the last hour to brown those on top.

### BAKED PINTO BEANS

2 cupfuls pinto beans.

$\frac{1}{2}$  teaspoonful soda.

$\frac{1}{2}$  pound salt pork.

1 onion.

2 teaspoonfuls salt.

Pinch of ground mustard.

1 tablespoonful molasses.

Pick over beans, cover with cold water, and soak over night. In the morning drain, add fresh water to cover and one-half teaspoonful of soda, and put on the fire. As soon as the beans come to the boiling point drain and pour cold water over them, rinsing thoroughly. This gives them the firmness which keeps them from getting mushy. Drain the beans. Scald rind of salt pork, scrape, remove one-fourth inch slice and put in bottom of bean-pot. Cut through rind of remaining pork every one-half inch, making cuts one inch deep. Cut onion into small pieces, add to beans,

put beans in pot and bury pork in beans leaving rind exposed. Mix salt, mustard and molasses, add one cupful of boiling water and pour over beans, then add enough more boiling water to cover beans. Cover bean-pot, put in oven, and bake slowly 6 to 8 hours, uncovering the last hour of cooking, that rind may become brown and crisp. As the water boils out, add more; be sure to add boiling water as cold water would retard the cooking and toughen the skins.

### **BAKED BEAN LOAF**

Use two cupfuls of cold Boston baked beans; crush the beans through a colander with a pestle or leave them whole; add one well-beaten egg, two tablespoonfuls of tomato catsup, one cupful of soft (sifted) bread crumbs, one tablespoonful of chopped or scraped onion with salt and pepper to season; mix all together thoroughly, then shape into a loaf. Set in a greased dish, with a slice of bacon or fat salt pork on the top of the loaf. Bake about twenty-five minutes. Serve hot in the baking dish.

### **DRIED SHELL BEANS**

Soak one cupful dried beans over night, drain, and cook in boiling salted water until soft; drain, add three-fourths cupful of cream, and season with butter and salt. Reheat before serving.

### **SPAGHETTI AND KIDNEY BEANS**

- 1 cupful spaghetti.
- 2 cupfuls dried kidney beans.
- 3 tablespoonfuls margarine.
- 2 cupfuls stewed tomatoes.
- 3 tablespoonfuls corn flour.
- 2 teaspoonfuls salt.
- $\frac{1}{4}$  teaspoonful pepper.

Wash and soak the beans overnight, add one teaspoonful of salt, and cook them until tender. Break the spaghetti into pieces about an inch long and cook in boiling, salted water until soft. Drain and pour cold water through it. Make a tomato sauce. Melt the margarine, add the flour and cook till bubbling. Add the tomato and cook all until thickened. Mix together the spaghetti and beans, add seasonings and sauce, and serve hot.

### GREEN LIMA BEANS

Cover 1 quart of the shelled beans with boiling water. Place on the fire where they will boil up quickly, then draw back where they will just simmer until done. When tender pour off a part of the water. Season the beans with a teaspoonful of salt and 2 tablespoonfuls of butter.

### STEWED SHELLED BEANS

1 quart shelled beans.

$\frac{1}{4}$  pound salt pork.

1 onion.

1 tablespoonful flour.

1 quart boiling water.

Salt to taste.

$\frac{1}{2}$  teaspoonful pepper.

Cut the pork in slices and fry it slowly ten minutes in a saucepan. Add the onion, cut fine, and cook twenty minutes very slowly. Cover the beans with boiling water and boil ten minutes. Drain off the water. Put the beans and flour in the saucepan with the pork and onion, and stir over the fire for five minutes. Add the quart of boiling water and the pepper. Place the saucepan where its contents will simmer for two hours. Taste to see if salt enough; if not, add salt.

This method of cooking new shelled beans gives a savory and substantial dish.



### TO BOIL CABBAGE

Cut a head of cabbage in 4 parts. Soak half an hour in a pan of cold water to which has been added a tablespoonful salt and 1 tablespoonful vinegar; this will draw out insects or worms that may be hidden in the leaves. After soaking, cut in slices. Have a large stewpan half-full of boiling water; put in the cabbage, pushing it under the water with a spoon. Add 1 tablespoonful salt, and cook twenty-five to forty minutes. Turn into a colander and drain, chop. Season with butter, pepper, and more salt if required. Allow a tablespoonful butter to a pint of cooked vegetable.

### SCALLOPED CABBAGE

Cut one-half boiled cabbage in pieces; put in buttered baking-dish sprinkle with salt and pepper, and add one cupful of Cream Sauce. Lift cabbage with fork, that it may be well mixed with sauce, cover with buttered crumbs, and bake until crumbs are brown.

### BUTTERED CARROTS

Wash and scrape small carrots and cut in narrow strips. Cook three cupfuls of the carrots in just enough water to cover. When carrots are tender and only a small amount of water remains, add one tablespoonful butter. Cook slowly until almost all the remaining water has evaporated. The carrots will have a delicious flavor cooked this way and none of the minerals will be wasted. String beans cut in halves lengthwise or parsnips cut in strips are also good served this way.

### CORN FRITTERS

- 1 can corn.
- 1 cupful flour.
- 1 teaspoonful baking powder.
- 1 teaspoonful salt.
- $\frac{1}{4}$  teaspoonful paprika.
- 2 eggs.

Chop corn, and add dry ingredients mixed and sifted, then add yolks of eggs beaten until thick, and fold in whites of eggs beaten stiff. Drop by spoonfuls and fry in deep fat. Drain on paper.

### GREEN-CORN PUDDING

This is a delicious way to serve either sweet corn or the tender field corn. A little sugar may be added to the field corn, if desired.

Husk and silk 12 good-sized ears of corn. Slice off half the kernel with a sharp knife, and with the blunt edge of the knife scrape out the milky part that remains on the cob. Add a tablespoonful of butter, salt, and pepper, and three-fourths cupful of milk. Bake for 45 minutes, allowing it to brown on top. This makes a creamy dish, which is best served in the pan or baking dish in which it is baked.

### CORN á la SOUTHERN

To one can chopped corn add two eggs slightly beaten, one teaspoonful salt, one-eighth teaspoonful pepper, one and a half tablespoonfuls melted fat, and one pint scalded milk; turn into a buttered baking-dish and bake in slow oven until firm.

### FRIED EGGPLANT

For fried eggplant cut the vegetable in slices about half an inch thick and pare. Sprinkle the slices with salt and pile them upon one another, put a plate with a weight on top of the slices. Let them rest for an hour, then remove weight and plate. Add one tablespoonful of water, half a tablespoonful of salt, and half a teaspoonful of pepper to one egg and beat well. Dip the slices of egg-plant in the egg, then in dried bread crumbs. Spread on a dish for twenty or more minutes. Fry till brown (in deep fat).

### **BROILED EGGPLANT**

The eggplant is sliced and drained as directed above. Then spread the slices on a dish, season with pepper, and baste with salad oil. Sprinkle with dried bread crumbs and broil.

### **BAKED EGGPLANT**

For baked eggplant make a dressing as for stuffed peppers, except that a little more salt, pepper, and butter are used. Cut the eggplant in two lengthwise, scrape out the inside, and mash it fine, then mix with the dressing and return to the shells. Place on a pan in the oven. Cook forty-five minutes.

### **MUSHROOMS AU GRATIN**

4 tablespoonfuls Crisco.

14 large mushrooms.

1 egg.

Salt, pepper, and red pepper to taste.

1 tablespoonful chopped parsley.

2 tablespoonfuls chopped, cooked meat.

2 tablespoonfuls bread crumbs.

$\frac{1}{2}$  cupful stock.

1 tablespoonful chopped suet.

Beat the egg, add suet, bread crumbs, meat, parsley, and seasonings. Wash and remove centers from mushrooms, season with salt, pepper, and red pepper, also place a tiny piece of Crisco in each. Then put a heaping teaspoonful of meat in each one, and cover with crumbs. Lay on greased tin, add stock, and bake fifteen minutes. Serve on a hot dish with the gravy.

### **PARSNIP FRITTERS**

Wash parsnips, cook forty-five minutes, or until tender, in boiling, salted water. Drain, plunge in cold water, when skins will be found to slip off easily. Mash, season with butter, salt, and pepper, shape in small flat round cakes, roll in flour, and sauté in butter substitute.

### DRIED PEAS WITH RICE AND TOMATOES

- 1½ cups rice.
- 2 cupfuls dried peas.
- 6 onions.
- 1 tablespoonful salt.
- ¼ teaspoonful pepper.
- 2 cups tomato (fresh or canned).

Soak peas over night in two quarts of water. Cook until tender in water in which they soaked. Add rice, onions, tomatoes, and seasonings and cook 20 minutes.

### GREEN PEPPERS STUFFED AND BAKED

Use only tender peppers. For six medium-sized peppers make a dressing from the following ingredients: Soak, in cold water, enough stale bread to make one pint when the water is pressed out. Season this with two teaspoonfuls of salt, one tablespoonful of fine herbs, about one-fifth of a teaspoonful each of sweet basil and summer savory, and two tablespoonfuls of butter or drippings.

Cut off the stem end of the pepper and remove all the interior, being careful to take out every seed. Fill the peppers with the dressing. Place them on end in a shallow baking dish and pour around them a sauce prepared as follows:

Put into a saucepan on the fire, one tablespoonful of drippings and when hot, add one tablespoonful of flour. Stir until smooth and brown, then add, gradually, one and one-half cupfuls of meat stock or water. Season with one teaspoonful of salt. Cook five minutes, then pour around the stuffed peppers. Put the dish in a moderately hot oven and bake the peppers one hour, basting often with the sauce in the dish. Peppers may also be filled with a well-seasoned dressing of chopped meat, made with or without the addition of bread crumbs or rice.

### PEPPERS WITH MACARONI (Italian Recipe)

Cut the tops from green peppers, remove seeds and core, and let stand ten minutes in boiling water. Chop cooked macaroni into small pieces and mix with a thin cream sauce. Drain the peppers, fill with macaroni, adding to each a generous spoonful of grated cheese. Bake in a granite dish with very little water until the peppers are tender. Serve with tomato sauce made from fresh or canned tomatoes pressed through a sieve and thickened with melted butter to which a tablespoonful of flour has been added. Salt and a few drops of onion juice should be added, but no pepper.

### TO BOIL SPINACH

To clean spinach, cut off the roots, break the leaves apart and place in a pan of water, rinsing them well. Continue washing in clean water until there is no sand left in the bottom of the pan. Drain and blanch. For  $\frac{1}{2}$  peck spinach have 3 quarts boiling water and 1 tablespoonful salt. Let it cook ten minutes, counting from the time it begins to boil. Put the spinach in a colander, and pour cold water over it. Drain well, and chop.

### SPINACH WITH EGG

2 cupfuls boiled spinach.

$\frac{1}{2}$  teaspoonful pepper.

3 tablespoonfuls butter.

2 eggs.

3 teaspoonfuls salt.

Drain the blanched spinach and chop fine, return to the saucepan, and add salt, pepper, and butter. Place on the fire, and cook ten minutes. Heap in a mound on a hot dish, and garnish with hard-boiled eggs cut in slices.

### SQUASH

The various varieties of the summer squash are generally cooked when so small and tender that the thumb nail can pierce the rind easily.

To prepare for the table wash the squash, cut into small pieces, and either cook in boiling water or steam it. It will cook in boiling water in half an hour. It takes about an hour to cook it in the steamer. The cooked squash is mashed fine and seasoned with salt, pepper and butter. This method gives a delicate flavored but rather watery dish.

Summer squash is very palatable cut in slices and fried like eggplant.

From the more mature squash remove the thin skin and seeds. Cut the squash in small pieces and put in a saucepan with boiling water enough to cover. Boil for half an hour. Drain, mash, and season with salt, pepper, and butter.

Cook winter squash in the same manner. Squash is one of the vegetables that require a good deal of butter.

### BAKED HUBBARD SQUASH

Select a thoroughly ripened squash, cut in halves and remove the seeds, scraping the inside thoroughly. Bake one and a half hours in a moderate oven, remove the thin brown skin and with a spoon scrape the squash out of the shell into a hot dish, mashing it with butter, salt, and pepper to taste.

### ESCALLOPED TOMATOES

- 1 pint peeled and cut tomatoes.
- 1 pint grated bread crumbs.
- 1 tablespoonful butter.
- Pepper.
- 1 level teaspoonful salt.



Reserve three tablespoonfuls of the bread crumbs, and spread the remainder on a pan. Brown in the oven, being careful not to burn them. Mix the tomatoes, browned crumbs, salt, pepper, and half the butter together, and put in a shallow baking dish. Spread the unbrowned crumbs on top, and dot with the remainder of the butter, cut into bits. Bake in a moderately hot oven for half an hour. The top of this dish should be brown and crisp.

### **TOMATO SAUCE**

Cook one pint of peeled and cut tomatoes ten minutes, then rub through a strainer. In a saucepan melt one tablespoonful of butter, add one tablespoonful of flour, and gradually beat the hot tomato into this. Add the salt and pepper, and cook ten minutes. This sauce may be served with macaroni, rice, etc., as well as with fish and meat. The flavor of the tomato sauce may be modified by the addition of onion, spice, or herbs.

### **STEWED TOMATOES**

Peel the tomatoes and cut into small pieces. Put into a saucepan on the fire. Boil gently for twenty minutes or half an hour, counting from the time tomatoes begin to boil. Season five minutes before the cooking is finished. Allow for each quart of tomato one teaspoonful each of salt and sugar and one tablespoonful or more of butter.

### **TOMATO TOAST**

Boil one quart of peeled and cut tomatoes for ten minutes, then rub through a strainer. Return to the saucepan and add two teaspoonfuls of salt, half a teaspoonful of pepper, and two tablespoonfuls of butter. Place on the fire and cook five minutes. Have the bottom of a hot platter covered with well-toasted slices of bread and pour the hot tomato over it. Serve at once. A dropped or poached egg may be put on each slice of toast.

### VEGETABLE HASH

Hash may be made with one or many cooked vegetables, the vegetable or vegetables being used alone or combined with meat or fish. Potato is the most useful vegetable for a hash, as it combines well with animal food or with other vegetables.

To make good hash, the vegetables should be cut fairly fine, but not so fine that the pieces lose their shape or stick together. Each vegetable must be cut up separately, then all be mixed. The vegetables and meat or fish must be well seasoned with salt and pepper, and if liked there may be added a little minced onion, chives, parsley, or green pepper finely minced. The hash should be moistened a little with meat broth, milk, or water (not more than half a cupful for a quart of hash). When the hash is mixed, seasoned, and moistened, put a tablespoonful of butter or drippings in a frying pan. When this is melted put in the hash, and spread evenly and lightly in the pan. Over this put small pieces of butter or drippings, using about one tablespoonful in all. Cover the pan and place where the hash will not burn, but will cook slowly half an hour, then fold and turn in hot platter. A rich, brown crust will have formed on the bottom of the hash if the heat was sufficient. Serve very hot. The plates on which hash is served should be hot.

### VEGETABLE PIE

- 1 cupful dried beans (lima).
- 1 cupful peanuts or half almonds and half peanuts.
- 1 cupful white sauce.
- 6 potatoes.
- 2 hard-boiled eggs.
- 1 tablespoonful parsley.
- 1 teaspoonful salt.
- 1 tablespoonful chopped onion.
- $\frac{1}{4}$  teaspoonful pepper.

Soak the beans overnight, in the morning cover with water and boil one-half hour. Drain, slip from the skins, cover with fresh water and boil until tender. When done, split in halves. Scald and blanch the almonds, shell the peanuts, boil the potatoes, and when done cut three of them into cubes. Mash the other three and add 4 tablespoonfuls hot milk, a little salt and pepper, and  $\frac{1}{2}$  cupful sifted flour. Put a layer of beans in the bottom of greased baking dish, then a sprinkling of nuts, a little chopped boiled egg, seasoning, then the potato cubes, another layer of beans, and so on. Pat or roll out the mashed potato the size of the baking dish. Pour in the white sauce, put the potato crust on top, brush with milk and bake one-half hour.

## CHAPTER VII

### POTATOES\*

The potato is a starchy food that contains enough moisture to cook the starch. This moisture is in the form of a watery juice, in which is dissolved the nitrogenous matter, the various salts, sugar, gum, etc. The starch cells are surrounded and penetrated by this watery bath. In cooking, the starch granules swell and burst, and the starch absorbs the watery part of the juice. When this stage is reached, if the moisture has been in the right proportion, all parts of the potato will present a light, dry, glistening appearance. Such a potato will not cause digestive disturbance. However, the moisture is not always in the right proportion. Ripe potatoes and potatoes grown on a well-drained or sandy soil will, as a rule, be dry and mealy if properly cooked. Potatoes grown in a wet season or in a heavy, damp soil as a rule contain too large a proportion of moisture for the starch. Old potatoes that are allowed to sprout will be watery, probably owing to the withdrawal of some of the starch for food for the growing sprouts.

Potatoes cooked in dry heat, as by baking in the oven, roasting in ashes, frying in deep fat, or steaming in their jackets, retain all their salts and other constituents, and the flavor is more pronounced and savory than when cooked in water. But potatoes so cooked must be served just as soon as they are done, or else they will become soggy and bad flavored.

Potatoes cooked in the skin should be free from any blemish and washed absolutely clean. Old potatoes, that is, potatoes that are kept into the spring and early summer, are better for being soaked in cold water and peeled before cooking.

\*Extract from Farmers' Bulletin 256, "Preparation of Vegetables for the Table."

### BAKED POTATOES

Select potatoes having a smooth surface. Wash perfectly clean and let them drain. Put them in an old baking pan kept for this purpose—do not crowd them—and put in a hot oven. If the oven is large and hot and the potatoes of medium size, forty minutes will answer for the cooking. On the other hand, if the oven is filled with cold potatoes the temperature of the oven will be reduced quickly and it will require an hour to cook the potatoes. Baked potatoes should be served as soon as they are done. If they must be kept any time after the cooking is completed, break them in order that the moisture may escape. Keep them in a warm oven or covered with cheese cloth in a pan.

### BOILED POTATOES

The method and time given for boiling potatoes are the same whether the potato is peeled, partially peeled, or left with the skin intact. If a dozen or two ordinary sized potatoes are put on the fire in a large stewpan and are covered generously with boiling water and a cover is immediately put on the stewpan, they will be cooked in thirty minutes. Small potatoes will cook in two minutes less time, and very large potatoes will require about thirty-five minutes' cooking. If the potatoes are to be boiled in their skins, wash them until clean, and then with a sharp knife cut a narrow band of the skin from the center of the potato. Cut a little bit of the skin from each end of the potato. If the potatoes are to be peeled, use a very sharp knife and remove the thinnest possible layer. The skins may be scraped off, if preferred, and there are special knives for this purpose. Let the potatoes boil fifteen minutes, then add 1 tablespoonful of salt for every dozen potatoes. When the potatoes have been cooking thirty minutes, drain off every drop of water and let all the steam pass off. They are now ready to serve, though they will not be injured,

but, in fact, will be improved by being kept hot for an hour or more, if they are well ventilated in such a way that they dry rather than retain moisture.

When boiled or steamed potatoes must be kept warm for any length of time, place the stewpan on the range on a tripod or iron ring and cover the potatoes with one thickness of cheese cloth. This will protect them from the cold air and allow the moisture to pass off.

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### MASHED POTATOES

Take boiled potatoes and put them through a potato ricer, add butter, hot milk, pepper and salt, and beat with a potato masher or large spoon until fluffy. Heap lightly in a dish and, if you wish, brown them over the top.

### ROASTED BROWN POTATOES

Wash and pare potatoes, soak in cold water, boil for seven minutes, then remove from the kettle and lay in the gravy of a roast about half an hour before the meat is to be taken from the oven. Baste with fat two or three times. Sweet potatoes may be cooked in the same way.

### SCALLOPED POTATOES

Cut potatoes in thin slices, put in layers in a baking dish, sprinkle with pepper and salt, dredge with flour, and with a little butter here and there. Pour hot milk over it, until the milk can be seen through the potatoes, sprinkle with bread crumbs, and bake in a hot oven for an hour.

### POTATOES ESCALLOPED WITH CHEESE

- 4 cupfuls potato cubes.
- 2 tablespoonfuls fat.
- 2 cupfuls milk.
- $\frac{1}{2}$  cupful grated cheese.
- 1 onion (chopped).
- 4 tablespoonfuls flour.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{2}$  cupful bread crumbs.



Cook potatoes and onion in boiling water until tender, drain. Melt fat, add flour and milk. Stir until smooth. Add salt and cheese, mix with potatoes. Turn into a greased baking dish, cover with crumbs, and bake fifteen minutes, or until brown.

### **STUFFED WHITE POTATOES**

2 tablespoonfuls butter or butter substitute.

$\frac{1}{8}$  teaspoonful pepper.

$\frac{1}{4}$  cupful hot milk.

$\frac{3}{4}$  teaspoonful salt.

6 baked potatoes.

Select medium-sized potatoes and bake from forty-five to sixty minutes. Remove from oven and cut in half, then without breaking the skin remove with a spoon the inside; mash, add seasoning, butter and milk, and fill the shells, leaving the top rough. Place in a hot oven for ten minutes, or until the potatoes are a light brown. The white of an egg beaten light may be added if desired. Potatoes may be sprinkled with grated cheese before putting in oven.

### **FRIED POTATOES**

#### **SARATOGA CHIPS**

Pare potatoes, slice into thin shavings on a vegetable cutter, and allow to soak in ice water for an hour. Lift from the water, dry in a towel, place in frying basket, fry in deep fat or oil until they curl and are delicately brown. Shake as free from fat as possible before lifting frying basket from the kettle, and put to drain on brown paper. Dust with salt. Be careful that the fat is not too hot, as the potatoes must cook before they brown; also allow the fat to re-heat each time before frying another portion of potatoes.

#### **POTATO CAKES**

Mix left-over mashed potatoes with one well-beaten egg and make into cakes. Bake in moderate oven until brown or sauté, using small amount of fat.

### FRENCH FRIED POTATOES

Wash and pare potatoes, cut them into lengthwise strips, and soak an hour in ice water. Drain and dry, then fry in hot fat. When taken from the kettle, shake them on a sheet of brown paper to absorb the fat, and dust with salt. Be careful not to cook too many potatoes at a time, as the fat is apt to become chilled and the potatoes grease-soaked.

### LEFT-OVER POTATOES

#### CREAMED POTATOES

Make a white sauce of 1 cupful milk, 1 tablespoonful butter, 1 tablespoonful flour, and  $\frac{1}{2}$  teaspoonful salt. Re-heat in the white sauce 2 cupfuls cold boiled potatoes, cut in dice. Season with salt and pepper.

#### BAKED CREAMED POTATOES WITH CHEESE

3 cupfuls potatoes (diced).

1 cupful milk.

$\frac{1}{2}$  cupful water.

3 tablespoonfuls flour.

$\frac{1}{2}$  cupful grated cheese.

1 cupful bread crumbs.

1 teaspoonful salt.

$\frac{1}{2}$  teaspoonful paprika.

3 tablespoonfuls fat.

Cook potatoes in skins, peel and dice. Make a white sauce by melting the fat in a saucepan, adding the flour and seasonings, mixing well, and then adding the milk and water all at once. Stir till smooth and well cooked, then add the cheese and mix thoroughly. Add this sauce to the potatoes, pour into a greased baking dish, cover with crumbs, and bake twenty to thirty minutes in a moderate oven, browning the crumbs nicely.

### DELMONICO POTATOES

2 cupfuls cold boiled potatoes.

$\frac{1}{2}$  cupful grated cheese.

2 cupfuls white sauce.

2 hard-boiled eggs.

Arrange above ingredients in layers in greased baking dish and bake fifteen minutes.

### DUCHESS POTATOES

2 cupfuls cold mashed potatoes.

1 egg.

2 tablespoonfuls cream.

Beat the yolk of the egg till very thick, add the cream to it, and work into the potatoes. Shape in small pyramids. Place each one in a buttered tin. Beat the white of the egg slightly; add to it a teaspoonful of milk, and brush each cone with the mixture. Bake till golden brown. Serve on a hot platter garnished with parsley.

### HASHED BROWN POTATOES

$\frac{1}{3}$  cupful fat salt pork.

$\frac{1}{8}$  teaspoonful pepper.

2 cupfuls cold boiled potatoes.

$\frac{1}{8}$  teaspoonful salt.

Try out the fat salt pork, cut in small cubes, remove scraps. Add the potatoes, finely chopped, pepper and salt. Mix potatoes thoroughly with fat; cook three minutes, stirring constantly; brown underneath. Fold as an omelet and turn on hot platter.

### POTATO APPLES

To 2 cupfuls hot riced potato add 2 tablespoonfuls butter, 2 tablespoonfuls milk,  $\frac{1}{2}$  teaspoonful salt and pepper. Grated cheese may be added also to increase protein content or to give variety in flavor. Mix thoroughly, and when cool shape in form of small apples. Brush over with yolk

of egg which has been slightly beaten, insert a clove at both stem and blossom end of each apple, and place in a hot oven immediately. Remove when apples are browned.

### POTATO AND CHEESE MOLDS

- 2 cupfuls cooked potatoes.
- 4 tablespoonfuls grated cheese.
- $\frac{1}{4}$  cupful milk.
- 1 teaspoonful salt.
- 2 tablespoonfuls fat.

Rub potatoes through a sieve, melt fat in saucepan, add potatoes, and mix well; then add the milk and half the cheese and seasoning. Put into a greased baking dish, small ramekins, or baking cups, sprinkle the rest of the cheese on top, and bake in a fairly quick oven about ten minutes.

### POTATO AND EGG MOLD

- 2 cupfuls mashed potatoes.
- 1 cupful egg sauce.

Mix the potatoes with the egg sauce and season. Put in baking dish or baking cups and bake until slightly browned. The egg sauce is made as follows:

### EGG SAUCE

- 1 cupful milk.
- $\frac{1}{2}$  tablespoonful potato starch.
- 1 tablespoonful fat.
- Salt.
- Pepper.
- 1 hard-boiled egg.

Make a cream sauce by mixing the potato starch with the melted fat, combining with the milk and cooking until thickened. Add the finely chopped egg to this and season.

### POTATO AND NUT SAUSAGE

2 cupfuls mashed potatoes.  
 $\frac{1}{2}$  pound nuts of any kind.  
1 egg (well beaten).  
 $1\frac{1}{2}$  teaspoonfuls salt.  
Few grains cayenne.  
Pinch celery salt.  
 $\frac{1}{2}$  cupful milk (approximately).  
 $\frac{1}{8}$  pound salt pork.  
 $\frac{1}{8}$  teaspoonful pepper.

To the mashed potatoes add enough milk to moisten. Put nuts in boiling water to loosen skins, remove skins and put nuts through meat grinder. Mix nuts and potatoes thoroughly and season well. Add well-beaten egg to potato mixture. Form into sausages, flour them well, put into greased pan, and put a small piece of salt pork on top of each sausage. Bake in a hot oven until brown (about forty-five minutes.) Serve with tomato sauce.

### POTATO OMELET

Mash boiled potatoes. Season well with onion, salt and pepper. Turn into a hot greased frying pan, spread evenly, cook slowly until browned underneath, fold as omelet. Serve with cheese or tomato sauce.

### POTATO SOUFFLÉ

2 cupfuls hot potatoes, put through ricer.  
 $\frac{1}{2}$  cupful milk or cream.  
2 eggs (yolks and whites beaten separately).  
2 tablespoonfuls peanut butter.  
Salt and pepper.

Mix potatoes, butter, cream and yolks of eggs; thoroughly folding in whites of eggs last. Bake in one dish or individual dishes long enough to cook the egg. Serve at once.

### POTATO AND TOMATO CROQUETTES

- 1 cupful mashed potato.
- 1 sliced onion.
- 2 cloves.
- 1 egg.
- 1 tablespoonful fat.
- 2 cupfuls tomatoes.
- 1 slice carrot.
- $\frac{1}{4}$  teaspoonful peppercorns.
- $\frac{1}{4}$  cupful grated cheese.
- $\frac{1}{2}$  teaspoonful salt.
- Few grains cayenne.

Cook tomatoes twenty minutes with onion, carrot, cloves, peppercorns. Rub through a sieve, add beaten egg, cheese, fat, salt, and cayenne. Cool, shape in croquettes, brush with oil and bake in hot oven until brown.

### SWEET POTATOES

#### BAKED SWEET POTATOES

Wash potatoes, dry, and bake quickly in a hot oven. If they cannot be served immediately, prick with a fork and allow the steam to escape to prevent becoming soggy.

#### BOILED SWEET POTATOES

Select potatoes which are of uniform size; they may be boiled in skins and peeled before serving, or pare them, and cook twenty minutes in boiling salted water.

#### BROILED SWEET POTATOES

Use 6 sweet potatoes, steam ten minutes, pare and cut in slices three-eighths of an inch thick; lay the slices in a double broiler; salt, cover with melted butter, and broil over a slow fire.



### GLAZED SWEET POTATOES

Wash 6 medium-sized sweet potatoes and boil for fifteen minutes in salted water. Drain, cut in halves lengthwise, and place in a buttered pan. Make a sirup by boiling for three minutes  $\frac{1}{4}$  cupful sugar and 2 tablespoonfuls water. Add  $\frac{1}{2}$  tablespoonful butter. Brush potatoes with the sirup and bake until brown, basting with the remaining sirup.

### SWEET POTATO PUFF

To 2 cupfuls mashed potato add beaten yolk of 1 egg,  $\frac{1}{2}$  cupful cream and a little salt. Beat well and add the stiffly beaten white of the egg. Heap in a loaf on a buttered dish, brush with white of egg, and brown in a hot oven.

### SWEET POTATO (Southern Style)

Bake medium-sized potatoes; when they are soft, cut in two lengthwise and scoop out the inside with a spoon. Put it through a potato ricer; add butter, salt, pepper, and enough cream to moisten. Whip with a fork until light and fluffy, refill the skins, heaping the potato into rough little mounds, and bake delicately brown.

### SWEET POTATOES AND APPLES

6 sweet potatoes (boiled).

$\frac{1}{4}$  cupful Karo.

$\frac{1}{2}$  teaspoonful salt.

6 apples.

1 tablespoonful butter or butter substitute.

Cut the sweet potatoes in slices, arrange a layer in the bottom of a greased baking dish, sprinkle with salt. Place a layer of sliced apples on top. Repeat until potato and apples are used. Pour over them the Karo and melted butter, and bake until the syrup is absorbed.

## CHAPTER VIII

### EGGS

Eggs are a valuable animal food composed of water protein, fat and mineral matter. The white of egg on beating entangles a large amount of air, and this is a help in making light omelets and cakes. The albumen coagulates on heating, and makes the egg a thickening agent for custards and sauces. More air may be entangled in the albumen by beating the white and yolk separately.

There are a number of household tests of the freshness of eggs. The most reliable is to candle them. Hold the egg in the hand with the fingers wrapped about it and look through it against a bright light; in a perfectly fresh egg you can see the yolk like a golden ball and the white about it clear as water. Or, drop an egg into a basin of water; if perfectly fresh, it will sink and rest on its side. If it rolls around standing on its end, it is comparatively fresh; if it floats, discard it unopened.

### PRESERVATION OF EGGS

In March, April, May and June eggs are most plentiful and cheap. Thrifty housewives will then "put them down" for fall and winter. Eggs are valuable not only for protein, but for iron, phosphorus and other growth and repair material.

To preserve eggs, air must be excluded by covering them with water glass, lime water, strong brine, fat, paraffin, etc., or by packing them in coarse salt, bran or clean oats. When dry methods are used, pack with small end down to keep air chamber moist. This precaution is not necessary with liquids.

Eggs to be packed must be fresh, preferably infertile, clean and free from cracks. If the filmy outer covering of the shell is dissolved by washing, the egg spoils more rapidly. One cracked egg will spoil many others.

Water glass usually is the first choice; lime, second; bran, salt or even clean oats, third. If eggs are infertile and if the cellar is clean and moist (not damp), eggs will keep many weeks if wrapped only in paper or even not covered at all—small end down, preferably.

Water glass may be bought at the drug store or poultry supply stores. To 1 quart of water glass add 9 quarts of boiled and cooled water for an 8-gallon jar holding at least 15 dozen eggs. Fill containers half full, add eggs carefully. Be sure to keep two inches of liquid above the top layer. Cover and keep in a cool place. If the liquid evaporates, replace it with cool, boiled water. Liquid can be used only one year. After removing from liquid, eggs will keep at least two weeks. They are good for boiling or poaching until November (before boiling prick shell with a needle); for frying until December; then for omelets, scrambled eggs, custards, cakes, and general cookery.

### **DESSICATED EGGS, EGG POWDER AND EGG SUBSTITUTES\***

Different methods of evaporating or dessicating whole egg yolks and whites have been proposed and several products which claim to be thus prepared are now on the market. It is said that the egg is dried in or out of a vacuum, usually by a gentle heat or by currents of air. When placed on the market the dried egg is usually ground. Sometimes salt, sugar, or both have been used as preservatives. Such material is merely egg from which the bulk of the water has been removed. If the process of manufacture is such that the product is palatable and keeps well, the value of evaporated eggs under many circumstances is evident.

\*Extract from Farmers' Bulletin 128, "Eggs and Their Uses as Foods."

This material is used by bakers to some extent as being cheaper when fresh eggs are high in price. It is also used in provisioning camps and expeditions, since dessicated foods have the advantage of a higher nutritive value in proportion to their bulk than the same materials when fresh. If all the water is removed in preparing evaporated eggs, one pound will furnish nutritive material equivalent to about four pounds of fresh eggs. One commercial product appears to be dried eggs coarsely ground. For use it is thoroughly mixed with a small quantity of water. The mixture can then be fried or made into an omelet, etc., and is very palatable, closely resembling in taste the same dishes made from fresh eggs.

An egg substitute has been manufactured from skim milk. It is said to contain the casein and albumen of the milk mixed with a little flour, and is put up in the form of a paste or powder. Such material is evidently rich in protein and, according to reports—apparently reliable—is used in considerable quantities by bakers and confectioners in place of fresh eggs.

Egg substitutes have been devised which consist of mixtures of animal or vegetable fats, albumen, starch or flour, coloring matter, and some leavening powder in addition to the mineral matter similar to those found in the egg. Such products are designed to resemble eggs in composition.

Other egg substitutes have been marketed which contain little or no albumen, but apparently consist quite largely of starch, colored more or less with some yellow substance. These goods are especially recommended for making custards and puddings similar in appearance to those in which fresh eggs are used. There is no reason to suppose that such products can not be made so that they will be perfectly wholesome. The fact must not be overlooked that in the diet they cannot replace fresh eggs, since they do not contain much nitrogenous matter or fat. This may be an important matter if such an egg substitute is used in the diet

of invalids, especially if the composition of the egg substitute is not known, and it is employed with the belief that, like eggs, it contains an abundance of protein.

### COOKING AND SERVING EGGS

The methods of serving eggs alone or in combination with other food materials are very numerous. Cooked in various ways, they are a favorite animal food, taking the place of meat to a certain extent, while raw eggs, usually seasoned in some way, are by no means infrequently eaten. Eggs are combined with other materials in various ways in many dishes. They are used in making cakes and such foods to improve their flavor, color and texture, while in custards, creams, etc., they thicken the material and give the desired consistency. The white of the egg is also employed in making icings and confectionery. Well-beaten or whipped egg white is used to leaven many forms of cakes and similar foods, as well as to improve the flavor. The beaten white incloses air in small bubbles, which become distributed throughout the mass of dough in mixing. The heat of cooking expands the air and makes the walls of the air bubbles firm, so that the porous structure is retained. The power to inclose and retain air when beaten varies, being greatest in the fresh egg and much lessened in packed or old eggs. Convenient leavening powders have lessened the number of eggs used for this purpose. Sponge cake, however, is a familiar example of food so leavened.

This use of eggs explains some of the recipes in old cookery books which call for such large numbers of eggs.

There are several simple ways of cooking eggs which are very commonly followed. Thus, the egg in the shell is cooked by immersion in hot or boiling water or is less commonly roasted. After removal from the shell, the egg is cooked in hot water or in hot fat. In the latter case it may or may not be beaten or stirred. Combined with other materials to form various made dishes, eggs are boiled, baked, steamed, or fried, as the case may be. The total

number of methods of serving and preparing eggs is very large, but in nearly every case it will be found that the method of preparation is only a more or less elaborate modification of one of the simple methods of cooking.

### **HARD AND SOFT COOKED EGGS**

To cook eggs so that they will be firm all the way through and yet not tough or indigestible, put them in a saucepan of boiling water, cover closely and place on a part of the stove where the water will remain very hot, but not boil, and let stand for thirty minutes.

To cook eggs so that they will be soft, follow the above directions, but let the eggs remain only six minutes.

### **POACHED EGGS**

A deep spider is the best utensil in which to poach eggs. Fill it nearly full of boiling water which has been slightly salted. Break egg in a saucer, and drop into water, cooking slowly, until the white is like jelly.

### **SCRAMBLED EGGS**

4 eggs.

$\frac{1}{2}$  teaspoonful salt.

Dash pepper.

$\frac{1}{2}$  cupful milk.

Beat the eggs just enough to break them up; they do not need to be light or frothy. Put the butter into an omelet pan, and when it is brown pour in the egg and milk. Scrape the cooked eggs from the bottom of the pan, tipping it so the uncooked egg will run down on the hot iron. Double it over before it begins to get brown, and serve very hot.

### **EGGS IN NEST**

Separate as many eggs as are needed for this dish, and beat the whites to a stiff froth. Drop in spoonfuls on a flat buttered baking dish, dust with pepper and salt here and there, in the middle of the white, slide in carefully the raw yolks. Put a bit of butter on each yolk. Place the dish in



a hot oven for eight minutes. Serve immediately. If desired, the froth may be piled into individual dishes with the yolk in the center of each and baked as described.

### PLAIN OMELET

- 4 eggs.
- 4 tablespoonfuls hot water.
- 1 tablespoonful butter.
- Pepper and salt.

Separate the whites from the yolks, beat the yolks with an egg beater till thick, and whip the whites with a wire whisk to a stiff froth. To the yolks add the seasonings and hot water. Last of all blend in the beaten whites. Heat an omelet pan and grease with butter, pour in the egg mixture, set it where it will cook slowly, turning the pan around that omelet may brown all over. When puffed and delicately browned on the bottom, take it from the fire and set on the top grate of the oven for a few minutes to cook. Press it with your finger; if none of the egg mixture clings, omelet is cooked. Score lightly down the center, and turn out on a hot platter.

### BREAD OMELET

- 6 eggs.
- 3 tablespoonfuls stale bread crumbs.
- 1 cupful milk.
- Pepper and salt.
- 1½ tablespoonfuls butter.

Scald the milk, pour over the crumbs and allow it to soak, beat the whites and yolks separately until very light. Stir the crumb mixture into the yolks, add the seasoning, then cut in with a palette knife the whites beaten to a stiff froth. Pour into a deep buttered baking dish, and bake in a hot oven till browned on top.

## POTATO OMELET

- 1 cupful mashed potatoes.
- $\frac{1}{4}$  teaspoonful pepper.
- 3 tablespoonfuls cream or milk.
- 1 teaspoonful salt.
- 3 eggs.

Wash eggs, and separate the whites and yolks. Add the yolks to the potatoes and beat until there are no lumps. Season with onion juice, if desired, and chopped parsley. Beat the whites until stiff and fold into the potato mixture. Put into a well-greased frying pan and bake in oven until brown. Then turn and fold on hot platter. Serve at once.

## EGG TIMBALES

- 4 eggs.
- 2 tablespoonfuls chopped parsley or chopped ham.
- Salt and pepper.
- 4 tablespoonfuls milk or thin cream.
- Tomato or white sauce.

Beat the eggs just enough to thoroughly mix yolks and whites, add the salt, pepper and the milk or cream.

Grease very small cups or moulds and sprinkle the bottoms and sides with the parsley or ham, pour in enough egg to nearly fill each cup, and stand in a pan of almost boiling water. Cook either in a moderate oven or over a slow fire, that the water may not boil and cause the timbales to become "honeycombed." As soon as a knife can be inserted in the timbales and drawn out clean, they are done. Serve on individual plates with sauce around them.

## CHEESE SOUFFLÉ

- 3 tablespoonfuls flour.
- 3 tablespoonfuls butter.
- 3 eggs.
- 1 cupful milk.
- 1 cupful grated cheese.
- Salt and pepper to taste.

Put the butter and flour together in a saucepan and stir until blended. Add the milk, slowly, and stir till the mixture boils; then add the grated cheese, salt and pepper, and set aside to cool. Beat the eggs, yolks and whites separately; then add the yolks to the mixture in the saucepan and blend thoroughly. Lastly, fold in the beaten whites, and turn the soufflé into a well-greased baking dish. Bake in a moderate oven about twenty-five minutes, and serve at once to prevent its falling.

### CURRIED EGGS

- 6 hard-cooked eggs.
- 1 small onion.
- 2 tablespoonfuls butter or drippings.
- 1 tablespoonful flour.
- $\frac{1}{2}$  sour apple or a teaspoonful of lemon juice.
- $\frac{1}{2}$  teaspoonful salt.
- $1\frac{1}{2}$  cupfuls water, stock or milk.
- 1 tablespoonful curry powder.

Hard cook the eggs, remove the shells and cut the eggs in slices. Melt the butter or drippings and cook in it the onion, finely chopped; add flour and curry powder and cook three minutes. Add the stock, water or milk slowly, and stir until sauce boils. Add the apple or lemon juice and cook slowly twenty minutes. Season and heat the slices of egg in the sauce.

### EGGS IN TOMATO CUPS

For each serving allow one egg and one medium-sized tomato. Cut a slice from the stem end of the tomato and with a spoon scoop out the center. Sprinkle the cavity with buttered cracker crumbs. Break and carefully drop one egg into each tomato. Sprinkle with salt and pepper and cover with buttered crumbs. Place on a buttered pan and bake in a moderate oven until the eggs are set and the crumbs are brown.

### EGGS (Creole Style)

- 1 tablespoonful olive oil.
- 1 teaspoonful chopped onion.
- 1 tablespoonful green pepper (chopped).
- 3 tablespoonfuls firm tomato pulp.
- 2 tablespoonfuls boiled rice.
- Speck of paprika.
- $\frac{1}{4}$  teaspoonful salt.
- 6 eggs.

Cook the olive oil and onion together until the onion is slightly brown, then add the green pepper and tomato pulp, and cook slowly until quite thick. Add the rice, paprika, and salt. Cover the bottom of a shallow baking dish with the mixture and carefully break over it six eggs. Pour over them one tablespoonful melted butter, sprinkle with salt and pepper, and bake in a moderate oven until the whites are set.

### SOUFFLÉD EGG WITH HAM

For each serving cut a round of bread three inches in diameter; toast it, spread with finely chopped ham moistened with milk, stock, or gravy; add a few grains of salt to the white of an egg, and beat very stiff. Mound on the ham, make a depression in the center, put in the yolk, sprinkle with salt and pepper, and bake in a moderate oven until the egg is firm.

When several servings are to be prepared, keep the yolks in separate dishes until needed, but beat the whites together.

### SCALLOPED EGGS WITH CHEESE

- 6 hard-cooked eggs.
- 2 cupfuls white sauce.
- $\frac{1}{2}$  cupful grated cheese.
- $\frac{1}{2}$  cupful buttered crumbs.

Cut the eggs in eighths lengthwise; put half of them into a greased baking dish, cover with half the sauce and sprinkle with half of the cheese; repeat, cover with crumbs and bake about fifteen minutes, or until the crumbs are brown. Bacon or sausage fat may be used in making the white sauce.

### EGGS A LA GOLDENROD

6 hard-cooked eggs.  
2 tablespoonfuls butter.  
2 tablespoonfuls flour.  
2 cupfuls milk.  
 $\frac{1}{2}$  teaspoonful salt.  
 $\frac{1}{8}$  teaspoonful pepper.  
8 slices toast.  
Parsley.

Make a thin white sauce with butter, flour, milk, and seasonings. Separate yolks from whites of eggs. Chop whites finely, and add them to the sauce. Cut six slices of toast in halves lengthwise. Arrange on platter, and pour over the sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

### STUFFED EGGS

Cut six hard-cooked eggs in halves crosswise; remove yolks, mash, and add two tablespoonfuls grated cheese, one teaspoonful vinegar, one-fourth teaspoonful mustard, and salt and cayenne to taste. Add enough melted butter to make the mixture of the right consistency to shape. Make in balls the size of the original yolks, and refill whites. Arrange on a serving dish, pour around one and one-half cupfuls White Sauce I, cover and re-heat.

### STUFFED EGGS IN A NEST

Cut hard-cooked eggs in halves lengthwise. Remove yolks, and put whites aside in pairs. Mash yolks, and add half the amount of devilled ham and enough melted butter to make of consistency to shape. Make in balls size of original yolks and refill whites. Form remainder of mixture into a nest. Arrange eggs in the nest, and pour over one cupful White Sauce I. Sprinkle with buttered crumbs, and bake until crumbs are brown.



CAMPBELL'S SOUP

## CHAPTER IX

## SOUPS

**SOUPS WITH STOCK**

Soups are divided into two classes—soups with stock and soups without—and the variations which can be made from these are numberless. With a pot of stock on hand and the assistance of vegetables for stockless soups, even in a frugal home there may be a soup for every day in the year. Besides, there are excellent soups made from fish, and satisfying chowders with the addition of potatoes which make the dish a full meal.

In recipes for making stock, the ingredients for seasoning seem endless. Spices, such as mace, bay leaves, peppers, etc., are inexpensive, so are the winter vegetables that most recipes call for, and they may be kept constantly on hand. In a family where there is a meat dish once a day, little fresh meat is required for the stock pot if all bones and scraps are saved and utilized. Every morsel of a stew, roast with its gravy, chop and steak bones, bones of chicken or game, and the trimmings from meat, which a housewife pays for and should insist on having, are all grist for the soup pot. The meats to avoid using are bits of raw lamb or mutton with fat on them, which give a disagreeable flavor, also smoked or corned meat. Scraps of bacon, cold ham, or even calf's liver may be added; they give a touch of good flavoring.

For a fine-flavored, good-colored soup, save all the scraps and keep in a clean jar in the refrigerator, making soup twice a week. Never add a morsel of anything that has the slightest taint. Break bones thoroughly. If you would extract all the flavor from bits of meat, put them through a chopper. With a skewer pick marrow from the bones. Lay the bones at the bottom of the pot.

If there are any left-overs in the refrigerator of such vegetables as onions, celery, tomatoes, carrots, chop  $\frac{1}{2}$  cupful each of carrot, turnip and celery, and add for flavoring, with  $\frac{1}{2}$  teaspoonful peppercorns, 1 bay leaf, sprig of parsley, 6 cloves, and 1 chopped onion. Do not add salt till the stock is half cooked.

Cover the bones with cold water and set far back on the stove where it will come to the boil slowly. Let it simmer five or six hours, strain through a fine sieve, and cool as quickly as possible. Do not remove the cake of fat from the top of the soup until you are ready to use it, then run a thin knife around the edge to loosen it. Cut into quarters and lift each piece carefully. If there are any grains of fat left on the top of the jellied stock, dampen a bit of cheese cloth and carefully wipe over the top.

For an everyday family soup in which nourishment is the first consideration, do not clear. In the sediment there is considerable nutriment. If it is to be cleared, set the strained, skimmed soup over the fire, mix with the white and crushed shell of one egg, a dash of celery seed and pepper and salt if required. Mix thoroughly, heat, and boil ten minutes. Just before taking from the fire, pour in  $\frac{1}{2}$  cupful of cold water. Pour through cheese cloth, and heat again to the boiling point before using.

## **BROWN STOCK**

- 3 pounds shin beef.
- 1 slice bacon.
- 1 onion.
- 1 carrot.
- $\frac{1}{4}$  turnip.
- $\frac{1}{4}$  bunch celery.
- 1 sprig parsley.
- 1 sprig thyme.
- 12 cloves.
- 2 teaspoonfuls salt.
- $\frac{1}{4}$  teaspoonful pepper.
- 1  $\frac{1}{2}$  quarts cold water.

Cut in rather small pieces all the meat from shin of beef ; break the bone in pieces, and put into a large pot with bacon, onions, carrots, turnip, celery, parsley, thyme, salt, cloves, pepper, butter. Add cold water, let stand thirty minutes, then set it on the fire, where it will simmer slowly for six hours, skimming very often. Strain carefully through a fine sieve, not bruising the vegetables. Next morning skim off the fat. You can make a variety of soups from this stock by adding to it noodles, macaroni or finely cut vegetables.

### CONSOMMÉ

- 3 pounds lean beef
- 1 carrot.
- 1 turnip.
- 1 parsnip
- 1 onion.
- 1 red pepper.
- 1 tablespoonful whole cloves.
- 1 tablespoonful chopped parsley.
- 4 stalks celery.
- 3 quarts water.

Cover the meat with water, and simmer four hours. Add the other ingredients, and cook one hour longer. Strain and let stand overnight. Next day skim off the grease, add the white and shell of one egg to clear it, boil up, strain again, and serve.

### WHITE SOUP STOCK

- 3 pounds knuckle veal.
- 1 pound lean beef.
- 3 quarts boiling water.
- 1 onion.
- 6 slices carrot.
- 1 large stalk celery.

$\frac{1}{2}$  teaspoonful peppercorns.

$\frac{1}{2}$  bay leaf.

2 sprigs thyme.

2 cloves.

Wipe veal, remove from bone, and cut in small pieces; cut beef in pieces, put bone and meat in soup kettle, cover with cold water, and bring quickly to boiling point; drain, throw away the water. Wash thoroughly bones and meat in cold water; return to kettle, add vegetables, seasonings, and 3 quarts boiling water. Boil three or four hours; the stock should be reduced one-half. (Fannie M. Farmer.)

### JELLIED SOUP

Beef or other soup stock may be chilled and served cold in summer. The stock is cleared with egg white to make it attractive. Mix together a quart of stock and the shell and white of one egg. Heat gradually and stir constantly until a thick scum forms on the top. Let stand for a few minutes, then strain the soup through a napkin or other fine cloth. The soup must be made with considerable bone if it is to jelly. If it is not firm enough, it can be stiffened with gelatine in the proportion of a tablespoonful of gelatine softened in two tablespoonfuls of water for each three cupfuls of soup. The jellied soup must be rather highly seasoned, and a small amount of caramel coloring will give the desired tint to a pale soup.

### OXTAIL SOUP

Separate the joints of two oxtails, wash carefully. Put in a soup kettle, cover with cold water and heat slowly to the boiling point. Simmer for one hour. Then add two carrots, two small turnips and one onion, all sliced. Tie together in a bit of cheese cloth a sprig of parsley, a bit of garlic, a small bay leaf, and six peppercorns, and place in the stock. Add enough salt to season. When the meat is quite tender, remove it from the stock and take out all the

bone. Remove the seasoning and then put the meat back into the kettle, and add a cup of tomato. Thicken with a little arrowroot or cornstarch and cold water.

### TOMATO SOUP

- 2 tablespoonfuls beef fat.
- 2 tablespoonfuls onion.
- 1 bay leaf.
- 10 peppercorns.
- 1 tablespoonful flour.
- 1 can tomatoes.
- 3 cupfuls stock.
- 1 teaspoonful salt.

Place beef fat and chopped onion in a saucepan over the fire; cook five minutes; add bay leaf, peppercorns and flour; stir and cook two minutes; add the tomatoes; stir and cook five minutes; add salt and stock; cook ten minutes; then strain the soup through a sieve, and serve with toasted bread cut into dice.

### VEAL SOUP

- 2 pounds veal.
- 2 quarts cold water.
- 1 cupful chopped ham.
- 1 onion.
- 1 tablespoonful parsley.
- 3 slices carrot.
- Pepper and salt.
- 1 pint cream or rich milk.

Cook veal in water slowly for two or three hours. Take out the veal and add to the boiling stock ham, onion, parsley, and carrot. Let this simmer slowly for an hour, strain, then add the cream; season with salt and pepper, and serve with croutons.



## CHICKEN SOUP

- Carcass roast chicken.
- 2 quarts cold water.
- 1 pound lean veal.
- 2 tablespoonfuls chopped bacon.
- 1 bay leaf.
- 1 slice onion.
- 1 stalk celery.
- 2 tablespoonfuls cornstarch.
- 1½ teaspoonfuls salt.
- ½ teaspoonful pepper.
- 1 tablespoonful flour.
- 2 tablespoonfuls fat.
- 1 cupful cream.

Slice the best meat from fowl, leaving only wings and carcass, with skin removed from meat as well. Break bones, put them into the soup kettle with cold water. Cut veal in dice, dust with flour and pepper, and brown in finely chopped bacon; add 1 cupful hot water, simmer for a few minutes, cool, and pour into the soup kettle. Cook slowly for one hour, then add bay leaf, onion, and celery; cook half an hour longer, strain and cool. Mix together in a saucepan, cornstarch, salt, pepper, flour and fat. Add gradually one pint hot stock and cook until thickened. Add this to the soup stock and serve in boullion cups, with or without a spoonful of whipped cream on top of each.

## MULLAGATAWNY SOUP

- 3 quarts chicken stock.
- 4 onions.
- 1 carrot.
- 2 turnips.
- 6 stalks celery.
- 1 tablespoonful curry powder.
- 2 tablespoonfuls flour.

Chop the vegetables and add to the stock. Place soup in a saucepan over a hot fire until it begins to boil, then set aside to simmer for twenty minutes. Add curry powder and flour mixed with cold water. Mix well, boil three minutes, and strain. In serving, add some pieces of the white meat of the chicken chopped.

### SOUPS WITHOUT STOCK

#### MILK-VEGETABLE SOUPS

- 1 quart milk (skim milk may be used).
- 2½ tablespoonfuls flour.
- 2 tablespoonfuls butter, margarine or other fat.
- 1 teaspoonful salt.
- 2 cupfuls thoroughly cooked vegetable, finely chopped, mashed or put through a sieve. Spinach, peas, beans, potatoes, celery, or asparagus make good soups.

Stir flour into melted fat and mix with the cold milk. Add the cooked vegetable and stir over the fire until thickened. If soup is too thick, add a little water or milk.

#### CREAM OF CELERY SOUP

- 1 head celery.
- 1 slice onion.
- 2 cupfuls milk.
- 3 tablespoonfuls cornstarch.
- 3 tablespoonfuls butter.

Clean outside stalks and white leaves of celery. Cut into small pieces and cook until tender in 3 cupfuls water. Scald onion in milk in double boiler. Rub the celery, when soft, through a sieve. Blend together cornstarch with butter, cook for a few minutes, lifting from fire, beating and cooking in turn. Season with salt and white pepper to taste, gradually add the strained, scalded milk, cook thoroughly, then add the strained celery stock, and re-heat. Serve with croutons, bread sticks, or toasted wafers.

## CREAM OF CORN SOUP

- 1 can corn.
- 2 cupfuls boiling water.
- 1 teaspoonful salt.
- $\frac{1}{2}$  teaspoonful celery salt.
- $\frac{1}{2}$  teaspoonful onion juice.
- $2\frac{1}{2}$  tablespoonfuls cornstarch.
- 3 tablespoonfuls fat.
- 2 cupfuls milk.
- 1 cupful whipped cream.

Rub corn through sieve into a saucepan, add water, milk, salt, celery salt, and white pepper to taste. Blend together in a saucepan cornstarch with fat, gradually add the milk and cook together five minutes, stirring constantly. Just before serving add beaten cream. Serve with crisp wafers.

## POTATO SOUP

- 3 cupfuls sliced potatoes.
- $\frac{1}{2}$  onion (sliced).
- $\frac{1}{4}$  cupful celery (chopped).
- 2 cupfuls boiling water.
- $1\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{4}$  teaspoonful pepper.
- 2 cupfuls milk (hot).
- 1 tablespoonful fat.
- $1\frac{1}{2}$  tablespoonful cornstarch.

Cook onion in fat, add potatoes, celery and water. Cook until potatoes are tender. Rub through a sieve; add seasonings, milk which has been thickened with cornstarch. Serve garnished with chopped parsley.

## POTATO AND SPLIT PEA SOUP

- $\frac{2}{3}$  cupful split peas.
- 1 quart water.
- 2 tablespoonfuls fat.
- 3 potatoes.
- 2 onions.

$\frac{1}{4}$  teaspoonful paprika.

1 teaspoonful salt.

Pepper.

1 quart boiling water.

Wash and pick over peas, add cold water and soak overnight. Simmer covered in the same water for one and a half hours, or until peas are soft. Mash through a strainer until only the husks remain. Melt fat, add onions thinly sliced, and seasonings. Stir frequently until the onion begins to brown, then add boiling water, sifted peas, and potatoes cut into dice. Simmer until the potatoes are tender. Season with salt to taste. The potatoes as well as the peas may be put through the sieve if desired.

### SPLIT PEA SOUP

1 cupful split peas.

$1\frac{1}{2}$  quarts stock or water.

1 teaspoonful salt.

2 tablespoonfuls minced onion.

3 tablespoonfuls chopped celery.

1 carrot.

Look over and wash the peas. Soak in cold water overnight. Place a saucepan with split peas and stock over the fire; when it boils, add salt, onion, celery and carrot; cover and boil slowly three hours, or until done; press the soup through the sieve; if too thick, add a little more water; season to taste with salt and pepper, and serve with small squares of fried bread.

### CREAM OF OYSTER SOUP

1 pint oysters.

1 quart milk.

1 tablespoonful butter.

1 tablespoonful flour.

Salt and pepper to taste.

1 cupful whipped cream.

Chop the oysters, drain off the liquor and add to it equal measure of water; heat slowly to boiling point; skim well, then put in the chopped oysters and cook three minutes. Scald the milk, thicken with the butter and flour creamed together, and add to the oysters with the seasoning. Put in the cream the last moment before serving.

#### **TOMATO BISQUE**

- 6 fresh tomatoes or one-quart can tomatoes.
- 1 small onion.
- 1 bay leaf.
- 2 cloves.
- 1 sprig of parsley.
- 2 tablespoonfuls fat.
- 2 tablespoonfuls flour.
- 1 pint milk.
- $\frac{1}{2}$  teaspoonful baking soda.
- 1 teaspoonful hot water.
- Salt and pepper to taste.
- $1\frac{1}{2}$  pints water if fresh tomatoes are used.

Cut the tomatoes in slices and stew them till tender with the onion, bay leaf, cloves, parsley and water. If canned tomatoes are used, omit the water. When tender, pass all through a sieve, rubbing the pulp through also. Blend the butter and flour in a saucepan till smooth, but not browned; add the hot tomato and stir till boiling. Season, and cook five minutes, add the soda dissolved in a teaspoonful of hot water. The addition of the soda neutralizes the acid of the tomato. Just before serving, add the milk previously scalded.

#### **BERKSHIRE SOUP**

- $\frac{1}{4}$  cupful fat.
- 1 onion, finely chopped.
- $\frac{1}{2}$  bay leaf.
- 12 peppercorns.
- 2 tablespoonfuls flour.

- 1 quart can tomatoes.
- 2 tablespoonfuls sugar.
- 1 teaspoonful salt.
- $\frac{1}{4}$  teaspoonful pepper.
- 2 cupfuls water.
- 1 can corn.
- $\frac{1}{2}$  cupful milk.
- 1 egg.

Cook onion in the fat five minutes, stirring all the time. Add the bay leaf, peppercorns and flour and cook two minutes; then add tomatoes, sugar, salt, pepper and boiling water and simmer 20 minutes. Add the corn, cook ten minutes longer and force through a strainer. Just before serving add the egg slightly beaten and diluted with the milk.

### CLAM CHOWDER

- $\frac{1}{2}$  peck clams in shells.
- 1 quart potatoes sliced thin.
- A 2-inch cube fat salt pork.
- 1 teaspoonful salt.
- $\frac{1}{2}$  teaspoonful white pepper.
- 1 tablespoonful fat.
- 1 quart milk.
- 6 butter crackers.

Wash clams with a small brush, and put in a kettle with  $\frac{1}{2}$  cupful water. When the clams at the top have opened, take them out with a skimmer, and when cool enough to handle, take the clams from the shells; remove the thin skin; cut off all the black end (cut the "leather straps" into small pieces), leaving the soft part whole. Let the clam liquor set, and pour it off carefully. Use half water and half clam liquor. Fry the pork and onion; add the potatoes, which have been soaked and scalded, and boiling water to cover. When the potatoes are soft, add the clam liquor, seasoning and clams; when boiling add the hot milk, and turn into the tureen over broken crackers. (Mary J. Lincoln.)



**CORN AND POTATO CHOWDER**

- 1 tablespoonful fat.
- 1 medium-sized onion.
- 2 diced potatoes.
- $\frac{1}{2}$  can corn.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{8}$  teaspoonful paprika.
- Dash pepper.
- 1 pint milk.
- 1 cupful boiling water.

Brown the onion, sliced thin, in the fat; add seasonings, corn, boiling water and potato and cook until potato is soft. Add milk and more salt if needed. Bring to the boiling point and serve.

**POTATO CHOWDER**

- $\frac{1}{4}$  cupful fat.
- 2 onions sliced.
- 3 cupfuls boiling water.
- 3 cupfuls sliced potatoes.
- $\frac{1}{4}$  teaspoonful celery salt.
- $1\frac{1}{2}$  teaspoonfuls salt.
- 1 cupful chopped carrots.
- 2 cupfuls hot milk.

Cook onion in fat; add water, potatoes, carrots and seasonings. Cook until potatoes are tender. Add hot milk and serve.

**SALT-CODFISH CHOWDER**

- 2 cupfuls milk.
- 1 cupful shredded codfish.
- $1\frac{1}{2}$  cupfuls potato cubes.
- 3 ounces salt pork.
- 2 tablespoonfuls minced onion.
- $\frac{1}{4}$  teaspoonful pepper.
- 1 tablespoonful flour.
- Salt.
- 3 Boston crackers.

Wash the fish and cut in two-inch lengths. Tear these in pieces, and, covering with cold water, soak for one-half hour. Slice the pork, and cook in the frying pan for five minutes. Now add the flour and stir until smooth; afterwards stir in  $\frac{1}{4}$  cupful water. Put the potatoes in a stew-pan and pour the mixture in the frying pan over them. Season with pepper and  $\frac{1}{2}$  teaspoonful salt. Place on the fire and cook for ten minutes; then take out the slices of pork and add the fish and milk. Cook gently for half an hour. Taste before serving to be sure to have salt enough. Pour over the split crackers.

### SOUP ACCOMPANIMENTS

#### **CRISP CRACKERS**

Break open common crackers, spread thinly with butter, place in a pan and bake until golden brown.

#### **CRACKERS WITH CHEESE**

Arrange saltines in a baking pan. Sprinkle with grated cheese and bake until the cheese is melted and crackers are brown.

#### **CROUTONS**

Cut stale bread in  $\frac{1}{2}$  inch slices, cut slices in cubes, put in a pan and bake until golden brown.

#### **IMPERIAL STICKS**

Cut stale bread in  $\frac{1}{2}$  inch slices, spread thinly with butter. Cut the slices in strips and bake in a pan in a moderate oven until bread is brown.

#### **NOODLES**

1 egg.

$\frac{1}{2}$  teaspoonful salt.

Flour.

Beat the egg slightly, add the salt and enough flour to make a stiff dough, knead on a floured board and roll as thinly as possible. Set aside for twenty minutes, cut in strips, dry and when needed cook them 20 minutes in boiling salted water. Drain and add to soup. Keep in covered glass jar until needed.

DAVIS FISH

## CHAPTER X

### FISH\*

The chief uses of fish as food are (1) to furnish an economical source of nitrogenous nutrients and (2) to supply the demand for variety in the diet, which increases with the advance of civilization.

Kinds.—Fish are classified as vertebrates, or fish proper, those having a backbone; and shellfish. Those having a backbone are divided into two classes; white fish and oily fish.

In the white fish, the fat is found only in the liver; in oily fish, the fat is found distributed throughout the entire body.

White-fleshed fish include whitefish, cod, perch, pickerel, sunfish, smelts, croppies, soles, brook trout, and black bass. Oily fish include salmon, lake trout, shad, herring, mackerel, halibut, and eels.

Points to be Observed in Choosing Fish.—Firm flesh, bright eyes, red gills, firm tail, fresh odor. A slice of fish should hold its shape. Lobsters, clams, oysters, crabs should be alive in the shell.

Of the very large quantity of fish annually placed on the American market, the greater part is consumed at home, although a portion is prepared in various ways for export.

The preference for fresh-water or salt-water fish is a matter of individual taste. Both are, so far as known, equally wholesome. It may be said that in general the preference for one kind of sea food or another is quite largely a

\*Extract from Farmers' Bulletin No. 85, "Fish as a Food."

matter of circumstances. It is noticeable that many kinds of fish which are known to be good for food are seldom eaten. Among others may be mentioned the whiting, or silver hake, and the sea robin. The latter are taken in enormous quantities in certain regions. This prejudice against certain fish is largely local; for instance, skates are eaten on the western coast of the United States, but until recently they were regarded as of no value in the East. A few years ago sturgeon and eel were not generally eaten. To-day sturgeon is much prized, and in regions where it was formerly worthless commands a high price. Many persons have a prejudice against frogs legs, while others consider them a great delicacy. In the United States they are now very commonly eaten, and frog-raising for the market is more or less of an industry. An interesting change of opinion regarding the use of a sea product may be noted in the case of abalone, a large mollusk abundant on the California coast, which was formerly disregarded as a food product by Americans, but which, it is said owing to its use by the Chinese, has become known and is relished.

### CONDITIONS WHICH AFFECT THE MARKET VALUE OF FISH

The market value of fish is affected by various conditions. Among these are the locality from which they come, the season in which they are taken, and the food on which they have grown. In general, it may be said that fish from clear, cold, or deep water are regarded as preferable to those from shallow or warm water. While fish taken in waters with a rocky or sandy bottom are preferable to those from water with a muddy bottom. Some fish, for instance shad, are at their best during the spawning season, while others should not be eaten during this period. Those fish which feed on small crustacea and the other forms of animal and vegetable life, constituting their natural food, are preferable to those living upon sewage and other matter which may contaminate the waters.

The mode of capture also affects the market value. Fish caught by the gills and allowed to die in the water by slow degrees, as is the case where gill nets are used, undergo decomposition very readily and are inferior for food. Fish are often landed alive and allowed to die slowly. This custom is not only inhumane, but lessens the value of the fish. It has been found that fish killed immediately after catching remain firm and bear shipment better than those allowed to die slowly. The quality of the fish is often injured by improper handling in the fishing boats before placing on the market. Improvements in transportation facilities and in other lines have made it possible to bring fish to market from distant fishing grounds in good condition.

Fresh water and salt water fish alike are offered for sale as taken from the water, and preserved in a number of ways. In some cases preservation is only to insure transportation to remote points in good condition. Low temperature is the means most commonly employed for this purpose. By taking advantage of the recent improvements in apparatus and methods of chilling and freezing, fish may be shipped long distances and kept a long time in good condition.

According to the practice of a successful firm dealing in frozen fish, the fish, as they are unloaded from the boats, are sorted and graded as to size and quality, then placed in galvanized iron pans about 2 feet long, covered with loosely fitting lids, and frozen by keeping them twenty-four hours at a temperature often as low as  $16^{\circ}$  below zero. The fish are removed from the pans in a solid cake and packed in tiers in the storehouse and marketed frozen. It is said that they may be thus preserved indefinitely, though as a rule frozen fish are only kept six to eight months, being frozen in the spring, when the supply is abundant, and sold in the winter or whenever fresh fish



can not be readily obtained. Such frozen fish are commonly shipped in barrels packed with broken ice in such a manner that the water formed by the melting ice may readily escape.

Oysters and other shellfish are placed on the market alive in the shell or are removed from the shell and kept in good condition by chilling or other means. Oysters in the shell are usually transported in barrels or sacks. Shipment is made to far inland points in refrigerator cars and to Europe in the cold-storage chambers of vessels. Large quantities of shellfish are also canned. Oysters are often sold as they are taken from the salt water. However, the practice of "freshing," "fattening," or "floating" is very widespread—that is, oysters are placed in fresh or brackish water for a short period. They become plump in appearance and have a different flavor from those taken directly from salt water. Care should be taken that the oysters are grown and fattened in water which is not contaminated by sewage.

Lobsters, crabs, and other crustacea are usually sold alive. Sometimes they are boiled before they are placed on the market. Large quantities of lobsters, shrimps, and crabs are canned.

### **PREPARING FISH FOR THE TABLE**

Fish is prepared for the table in a variety of ways. Fish is commonly boiled, steamed, broiled, fried, or baked, or may be combined with other materials in some made dish.

In most cases fat or carbohydrates in the form of butter, flour, or other materials are added to fish when cooked, and thus the deficiency in fuel ingredients is made good. Boiled or steamed fish is often accompanied by a rich sauce, made from butter, eggs, etc. Fried fish is cooked in fat, and baked fish is often filled with force meat, and may also be accompanied by a sauce; the force meat being made of bread, butter, etc., contains fat and carbohydrates. In made dishes—chowders, fish pies, salads, etc.—fat and carbohydrates (butter, flour, vegetables, etc.) are combined

with fish, the kind and amount varying in the individual cases. Furthermore, in the ordinary household fish or meat is supplemented by such foods as bread, butter, potatoes, green vegetables, and fruit. That is, by adding materials in cooking and by serving other dishes with the cooked product the protein of the fish is supplemented by the necessary fat and carbohydrates.

## METHODS FOR COOKING FISH

Bass .....	Baked, boiled, or broiled.
Bluefish .....	Planked, baked, or broiled.
Butterfish .....	Fried or sautéd.
Cod .....	Boiled, broiled, or baked.
Eels .....	Fried or broiled.
Flounder .....	Baked, fried, or sautéd.
Haddock .....	Baked, broiled, planked, or boiled.
Halibut .....	Baked, broiled, fried, boiled or planked.
Herring .....	Baked or broiled.
Kingfish .....	Broiled.
Blackfish .....	Baked or broiled.
Mackerel .....	Baked, broiled, or planked.
Perch .....	Fried or broiled.
Pickrel .....	Baked.
Pompano .....	Broiled.
Red Snapper .....	Fried or boiled.
Salmon .....	Boiled, broiled, or baked.
Shad .....	Broiled, baked, or planked.
Sheepshead .....	Boiled or baked.
Smelts .....	Sautéd, baked, or fried.
Trout .....	Baked, broiled, or sautéd.
Muskellunge .....	Baked.
Turbot .....	Boiled.
Whitefish .....	Planked, baked, or broiled.
Sturgeon .....	Roasted, broiled, baked after being par-boiled.
Carp .....	Boiled or baked.

Scrod .....	Broiled.
Swordfish .....	Baked, broiled, or boiled.
Mullet .....	Baked.
Pike .....	Boiled.
Whitebait .....	Fried.
Porgies .....	Planked, broiled, or baked.
Catfish .....	Fried.
Alewives .....	Baked.

*To Boil Fish.*—Boiling is the most insipid way of cooking fish, yet there are certain varieties that are better cooked this way if accompanied by a rich sauce. Fish, if boiled in a common kettle, should first be wrapped in cheese cloth to preserve its shape. Boiled fish should be served with a sauce. The water should be salted and 1 tablespoonful lemon juice or vinegar may be added to keep the fish white. A boiled fish may be stuffed if desired. (12-20 minutes per pound.)

*To Bake Fish.*—A baked fish presents a more attractive appearance when served in an upright position on the platter; it also cooks better. To keep it upright, press it down enough to flatten the under side, then, if necessary, brace with skewers or potatoes placed against it until it is well under way for cooking, then it will keep its position until cooked and dished. Lay over the back and in the pan small strips of salt pork, add 1 cupful hot water, and baste often while baking. (20-30 minutes per pound.)

*To Fry Fish.*—Clean the fish and wipe perfectly dry; then dip in beaten egg and afterwards in bread crumbs or cornmeal, but preferably in the crumbs, patting these on well that no loose ones may fall off and burn in the fat; then plunge the fish, a few pieces at a time, in the fat, which must be smoking hot, and of which there must be sufficient in the pan to completely cover the fish. Cook golden brown, and drain well before serving. (5-7 minutes per pound.)

*Broiled Fish.*—Bluefish, cod, haddock, and mackerel are split down the back and broiled whole, removing head and

tail if desired. Salmon, halibut, and swordfish are cut in inch slices for broiling. Smelt and other small fish are broiled whole without splitting, but the entrails are removed carefully so as not to bruise the fish. Clean and wipe the fish, sprinkle with salt and pepper, and place in a well-greased wire broiler, cooking the flesh side first. Turn it and cook the skin until crisp. Sliced fish should be turned often while broiling, slip upon a hot platter, or place platter over fish and invert platter and broiler together.

Small fish require 10 to 15 minutes for broiling.

Large fish require 15 to 20 minutes for broiling.

### BAKED HADDOCK WITH STUFFING

Clean a four-pound haddock, sprinkle with salt inside and out, stuff and sew. Cut five diagonal gashes on each side of backbone and insert narrow strips of fat salt pork, having gashes on one side come between gashes on other side. Shape with skewers in form of letter "S," and fasten skewers with small twine. Place on greased fish-sheet in a dripping-pan, sprinkle with salt and pepper, brush over with melted butter, dredge with flour, and place around fish small pieces of fat salt pork. Bake one hour in hot oven, basting as soon as fat is tried out, and continue basting every ten minutes. Serve with drawn butter, egg or Hollandaise sauce.

### FISH STUFFING

$\frac{1}{2}$  cupful cracker crumbs.

$\frac{1}{2}$  cupful stale bread crumbs.

$\frac{1}{4}$  cupful melted butter substitute.

$\frac{1}{4}$  teaspoonful salt.

$\frac{1}{8}$  teaspoonful pepper.

Few drops onion juice.

$\frac{1}{4}$  cupful hot water.

Mix ingredients in order given. (Fannie M. Farmer.)

## BAKED COD WITH OYSTER STUFFING

Clean a four-pound cod, sprinkle with salt and pepper, brush over with lemon juice, stuff and sew. Gash, skewer, and bake as Baked Haddock with Stuffing.

### OYSTER STUFFING

- 1 cupful cracker crumbs.
- $\frac{1}{4}$  cupful melted butter substitute.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{8}$  teaspoonful pepper.
- $1\frac{1}{2}$  teaspoonfuls lemon juice.
- $\frac{1}{2}$  tablespoonful finely chopped parsley.
- 1 cupful oysters.

Add seasonings and fat to cracker crumbs. Clean oysters, chop in small pieces, add to mixture, with two tablespoonfuls oyster liquor to moisten.

### HOLLENDEN HALIBUT

Arrange six thin slices of fat salt pork in a dripping-pan. Cover with one small onion, thinly sliced, and add a bit of bay leaf. Place on the pork a two-pound piece of halibut. Spread with 3 tablespoonfuls butter creamed with 3 tablespoonfuls flour. Sprinkle with salt and pepper. Cover with 1 cupful buttered crumbs and place thin slices of salt pork over the crumbs. Cover with buttered paper and bake fifty minutes in a moderate oven, removing paper during the last fifteen minutes of baking to brown the crumbs. Place on a hot serving dish and garnish with slices of lemon and parsley.

### FRIED SMELTS WITH LEMON SAUCE

Allow two medium-sized smelts for each person. Wash, clean and dry the fish. Dip each in flour to which has been added seasoning of salt and pepper. Dip in beaten egg to which 1 tablespoonful of water has been added, then roll the fish in fine white bread crumbs. Fry five minutes in deep fat. Drain and serve with lemon sauce.

For the sauce use:

4 tablespoonfuls butter.

5 tablespoonfuls lemon juice.

1 tablespoonful finely chopped parsley.

Warm the butter slightly and beat it until very creamy, add slowly the strained lemon juice and chopped parsley. The sauce may be served in cups made from halves of lemon, one cup being placed with each serving of fish.

### SHAD—ROE CROQUETTES

1 pound shad roe.

3 tablespoonfuls butter.

$\frac{1}{4}$  cupful cornstarch.

$1\frac{1}{2}$  cupfuls milk.

$1\frac{1}{2}$  tablespoonfuls lemon juice.

1 teaspoonful salt.

1 teaspoonful paprika.

Few drops onion juice.

1 egg.

Cook the roe fifteen minutes in boiling water to which 1 tablespoonful vinegar is added. Scald the milk, cream the butter, add the cornstarch, and when thoroughly blended add the scalded milk and cook fifteen minutes in the top of the double boiler. To the shad roe add the sauce, lemon juice, salt, paprika, onion juice and beaten egg. Cool, shape in croquettes, roll in crumbs, dip in egg, then roll in crumbs again, and fry in deep fat until delicately browned.

### CREAMED FINNAN HADDIE

Put the fish in cold water, cover and let soak twenty minutes. Bring the water to the boiling point and cook slowly one-half hour. Drain, rinse and separate the fish into flakes, using a fork. To each cupful of fish use  $\frac{1}{2}$  cupful of medium white sauce. Heat together, season with salt, pepper, and plenty of paprika, and serve.



### CREAMED SALT CODFISH

Pick salt codfish in pieces (there should be 1 cupful) and soak in lukewarm water fifteen minutes. Drain and add 2 cupfuls thin white sauce. Cook five minutes. Add 1 beaten egg just before removing from fire. Garnish with slices of hard-boiled eggs. Creamed codfish is better made with cream slightly thickened in place of white sauce.

### CODFISH PUFF

- $\frac{1}{2}$  cupful shredded codfish.
- 1 cupful potatoes.
- 1 egg.
- Pepper.
- 1 tablespoonful butter substitute.

Soak the codfish in cold water for fifteen minutes. Shred it into bits. Pare and cut the potatoes in quarters and cook with the codfish in boiling water until tender. Mash, add the fat and pepper. Beat well with a fork until the codfish is in fine threads. Beat the egg very light and fold into the fish mixture. The mixture should be soft and creamy. Have an omelet pan hot. Grease the bottom, add the fish mixture, spread evenly about half-inch thick and cook slowly until a brown crust is formed. Loosen the edges and roll one side over halfway and turn out on a hot plate like an omelet. Or shape the fish and potato in small cakes and fry in deep fat one minute, or until brown.

### FISH CAKES WITH PORK SCRAPS

- 1 pound shredded codfish.
- 2 cupfuls hot mashed potato.
- $\frac{1}{8}$  teaspoonful pepper.
- 1 egg (well beaten).
- 2 tablespoonfuls milk.
- $\frac{1}{4}$  pound fat salt pork.

Soak the fish in lukewarm water fifteen minutes. Drain and shred in fine pieces. Add the potato, pepper, egg, well beaten, milk and salt, if necessary. Beat well, shape into small flat cakes and roll in flour. Cut the pork in thin slices and try out in a frying pan; when crisp, but not burned, remove to a platter. Cook the fish cakes in the fat in the pan until brown, and serve with a piece of pork on each cake.

### FISH BALLS

Use the recipe for fish cakes, but shape in balls with a tablespoon, and cook in deep fat one minute or until delicately browned.

### SALMON LOAF

- 1 can salmon.
- 1 egg.
- 1 teaspoonful lemon juice.
- 1 cupful stale bread crumbs.
- $\frac{1}{2}$  cupful milk.
- 1 teaspoonful salt.

Separate the salmon and remove the bones. Add the bread crumbs, beaten egg and the milk. Season with salt and lemon juice. Put into well-greased molds and steam or bake thirty minutes. Turn from the mold, serve hot or cold with white sauce or lemon.

### OYSTERS ON THE HALF SHELL

Allow 6 oysters on half shell for each plate. Arrange the shells on crushed ice on deep plates, with the shells radiating out from the center. Place a quarter of a lemon and a piece of parsley in the center of each plate. Serve with salt, pepper, horse-radish or Worcestershire sauce.

CUBE SALT

## OYSTER COCKTAIL (One Serving)

8 oysters.

$\frac{1}{4}$  teaspoonful grated horse-radish.

2 teaspoonfuls lemon juice.

10 drops Worcestershire sauce.

1 teaspoonful tomato ketchup.

Few grains salt.

Clean and chill the oysters. Mix the horse-radish, lemon juice, Worcestershire sauce, ketchup and salt and pour over the oysters. Serve in sherry glasses, grape fruit shells or tomato cups.

## CREAMED OYSTERS

1 pint oysters.

$1\frac{1}{2}$  cupfuls medium white sauce.

$\frac{1}{8}$  teaspoonful celery salt.

Drain and wash oysters, cook in oyster liquor until plump and edges begin to curl; drain and add to white sauce seasoned with celery salt. Serve on toast, in timbale cases or patty shells. One-fourth cup sliced mushrooms may be added to Creamed Oysters.

## SCALLOPED OYSTERS

1 pint oysters.

4 tablespoonfuls oyster liquor.

2 tablespoonfuls milk or cream.

$\frac{1}{2}$  cupful stale bread crumbs.

1 cupful cracker crumbs.

$\frac{1}{4}$  cupful melted butter substitute.

1 teaspoonful salt.

Pepper.

Wash the oysters, mix the bread and the cracker crumbs and the fat. Put a thin layer in the bottom of a buttered baking-dish, cover with oysters, sprinkle with salt and pepper; add half of the oyster liquor and half of the cream or milk. Cover with another layer of crumbs and oysters,

add the remainder of the liquor and milk and cover with crumbs. Never make more than two layers of oysters, for oysters should be evenly cooked through. Bake thirty minutes in a hot oven. A sprinkling of nutmeg to each layer adds flavor.

### TO BOIL LOBSTER

Put a handful of salt into a kettle of boiling water, into which place the lobster head first. Boil from twenty to thirty minutes, according to size. Too long or too rapid boiling will make the meat tough and stringy.

In buying a lobster, choose one that is heavy for its size; very large ones are likely to be tough.

### TO DRESS A LOBSTER (Janet McKenzie Hill)

Pull off the two large claws and the four pairs of small claws, break apart the tail and body; cut the bony membrane on the inside of the tail shell with a pair of scissors or sardine can opener; then spread the tail slightly and pull out the flesh in a single piece; open this in the crease on the under side and carefully remove the intestinal vein, which runs the entire length. This vein is always visible, but it differs in color, being white or red, or sometimes from the contents, black. Take the body from the shell, leaving within the shell the stomach or lady. If the coral and green substance remain in the shell, shake them out and set aside for use. Pull off the woolly gills found on the body, then break open the body shell and remove all the bits of flesh found between the bones; this is the sweetest and tenderest portion of the lobster. Disjoint the large claws and cut the shell, if thin, to remove the flesh as whole as possible. Take the meat from the small claws with a skewer and leave these whole for garnishing.

### **BROILED LIVE LOBSTER**

With a strong pointed knife make a deep, sharp cut at the mouth, then draw the knife firmly but quickly through the body and entire length of tail; open the lobster and take out the stomach, or lady, and the intestinal vein, which runs from the stomach to the tip of the tail. Pull off the small claws, wash carefully, and spread in a well-oiled broiler. Broil over clear coals about ten minutes on the flesh side, basting once with melted butter; turn and broil a few minutes less on the shell side; crack open the large claws and serve at once on a hot serving dish. Serve with melted butter. The lobster may be baked in a hot oven fifteen minutes. Spread with melted butter before baking.

### **LOBSTER A LA NEWBURG**

1 pound lobster.

$\frac{1}{4}$  cupful butter.

$\frac{1}{2}$  teaspoonful salt.

Cayenne (a few grains).

$\frac{1}{3}$  cupful cream.

2 egg yolks.

Grating of nutmeg.

$\frac{1}{2}$  teaspoonful lemon juice.

Cut or break up the lobster meat into cubes. Melt the butter in a pan, add the lobster, and cook until thoroughly heated. Season with salt, cayenne, and nutmeg. Add the cream and egg yolks slightly beaten; cook until the mixture thickens, add the lemon juice. Serve on toast.

### **STEAMED CLAMS**

Buy clams for steaming in the shell, alive. Wash clams thoroughly, scrubbing with a brush, changing the water several times. Put into a large kettle, allowing one-half cup hot water to four quarts clams; cover closely and steam until shells partially open, care being taken that they are not overdone. Serve with individual dishes of melted butter. A few drops of lemon juice or vinegar may be added to the butter.



### SHRIMP PATTIES

1 cupful shrimps, either fresh or canned.

1 cupful cream sauce.

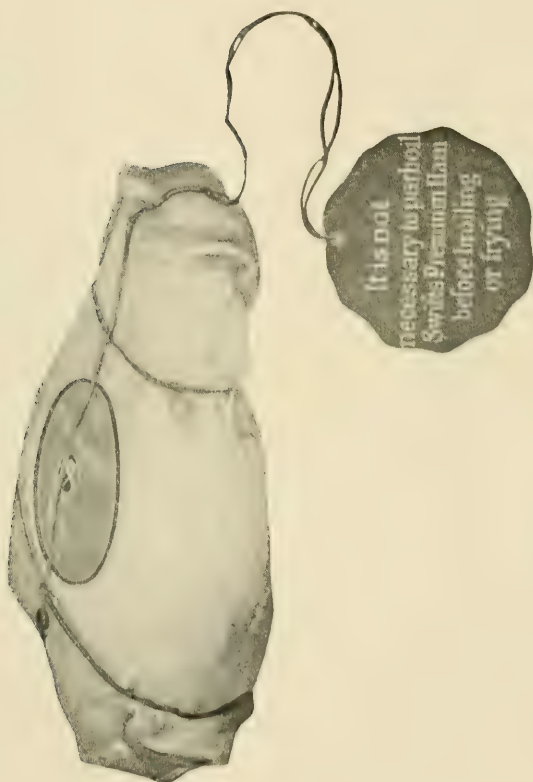
1 egg yolk.

1 teaspoonful lemon juice.

Salt and pepper to taste.

Slight grating of nutmeg.

Make the sauce by beating together in a saucepan two tablespoonfuls butter with the same quantity flour; then stir in one-half cupful thin cream and one-half cupful milk. Stir until boiling, cook five minutes, put in the seasonings and the shrimps, which may be divided if very large. Heat thoroughly and, just before serving, add the yolk of the egg. Fill little puff paste cases and serve.—Rumford Complete Cook Book.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XI

### MEAT

Conservation of food supplies is one of the most important problems confronting the world today. Under present conditions food products must be bought with economy and utilized with care.

The cheaper cuts of meat heretofore have been neglected; possibly because people considered them not good enough, or did not realize their high nutritive value.

For example, in considering meats we naturally think of the loins and ribs. These constitute only a part of the meat available in the animal. It is obvious that if all the available meat is used properly the total supply of meats will increase in proportion, and the average price will be lowered correspondingly.

True economy consists in knowing the nature of the various cuts of meat as to their proportion of fat, lean, bone and waste. If we eliminate fat, the edible meats vary little in their food value. The loins and ribs, which form about one-fourth of the weight of the cattle, represent nearly one-half of the retail cost. The rational way to equalize the market is to use all of the meat, but the demand for center cuts of quality has so increased that the lower-priced parts are sadly neglected. Yet experience in making soups shows that a greater amount of extract and flavoring matter is found in these cheaper portions.

The housewife should take advantage of the fact that tenderness, appearance, and convenience in cooking rather than actual food value largely determine retail prices. The facts are that the cheaper cuts of meat are by far the most economical from every standpoint. She can get the most for her money by purchasing tough cuts and serving tender ones through skillful methods of cooking.

### TEXTURE AND FLAVOR OF MEAT\*

“Although meats vary greatly in the amount of fat which they contain and to a much less degree in their protein content, the chief difference to be noted between the cheaper and more expensive cuts is not so much in their nutritive value as in their texture and flavor. All muscle consists of tiny fibers which under the microscope are seen to have the form of tubes. These fibers are tender in young animals and in those parts of older animals in which there has been little muscular strain. Under the backbone in the hind quarter is the place from which the tenderest meat comes; this is usually called the tenderloin. Sometimes in beef and also in pork it is taken out whole, and sometimes it is left to be cut up with the rest of the loin. In old animals, and in those parts of the body where there has been much muscular action—the neck and the legs, for example—the muscle fibers are tough and hard. But there is another point which is of even greater importance than this. The fibers of all muscle are bound together in bundles and in groups of bundles by a thin membrane which is known as connective tissue. This membrane, if heated in water or steam, is converted into gelatin. The process goes quickly if the meat is young and tender; more slowly if it is tough.

Flavor in meat depends mainly on certain nitrogenous substances which are called extractives because they can be dissolved out or “extracted” by soaking the meat in cold water. The quality of the extractives and the resulting flavor of the meat vary with the condition of the animal and in different parts of its body. They are usually considered better developed in older than in very young animals. Many persons suppose extractives or the flavor they cause are best in the most expensive cuts of meat; in reality, cuts on the side of beef are often of better flavor than tender cuts. The extractives have little or no nutritive value in themselves, but they are of great importance in causing the secretion of digestive juices.”

\*Extract from Farmers' Bulletin 391, “Economical Use of Meat in the Home.”

The prudent buyer considers the following points in choosing meats:

- (1) Quality, which includes color, grain and fat.
- (2) Method of cooking, which includes flavor, fuel and time.
- (3) Number to be served; also whether all the meat is to be used at one meal or part reserved for a second serving; the possible use of left-overs.
- (4) The cost, which means not only the initial outlay, but the total cost of fuel, time and additional material.

When meat is brought into the kitchen, either by the delivery boy or by the housekeeper herself on her return from market, the wrapping should first be removed and the meat weighed to check up the household accounts. Trim off any portion of the meat that looks unsound or has a particle of odor. Divide the meat into the proper amount if only a portion of it is to be cooked that day. Wipe with a damp cloth, or scrape the surface of the meat with a knife, but avoid washing it unless necessary, for juices are lost when meat is placed in water.

### **\*GENERAL METHODS OF PREPARING MEAT**

There are three typical methods of cooking meat: first, by the application of intense heat to keep in the juices, as by roasting, baking or broiling; second, by placing the meat in cold water and cooking for a long time at a low temperature, *i.e.*, *boiling*; and third, by a combination of the two processes, first, searing, and then afterwards stewing the meat. The first method is suitable only for the most tender cuts, young poultry, and game birds. There is a distinction between roasting and baking. The word roasting, properly speaking, applies to the old-fashioned method of cooking by the direct radiant heat from the open fire; whereas baking is cooking by heat reflected by the sides of the oven. The older method of roasting is now very little practised, and the term roasting is most often improperly applied to

\*Extract from Farmers' Bulletin 391.

baking in an oven. The rules for the treatment of the meat, however, are substantially the same in both cases, and the two processes, therefore, may properly be dealt with together.

Meat which is to be roasted should never be washed, but only wiped over on the outside with a clean, damp cloth. For baking it should be set on the trivet or meat stand, and placed in a dripping-pan large enough to project two or three inches all around it. The modern double dripping-pan, having a close-fitting cover, with a vent to allow the escape of gases and steam from the meat juices, is superior to the old-fashioned single pan.

An essential point in roasting or baking meat properly is to expose the joint or bird for the first few minutes to a very high temperature to sear the surface and thereby harden the meat on the outside so as to prevent the escape of the meat juices, and then to lower the temperature and keep it at a lower point for the remainder of the time. The proper temperature for a large piece of meat at the beginning is about 550 degrees Fahrenheit, but after the surface is well browned the temperature should be lowered to about 400 degrees, and kept at this point until the process is finished. To accomplish this, meat to be baked should be placed in the hottest part of the oven until the surface is thoroughly browned. Then it should be moved to a cooler part of the oven. If a gas oven is being used, the gas should be turned on full, in advance, and allowed to burn about ten minutes. Then it may be turned down slightly to reduce the temperature. In the absence of an oven thermometer the cook must, of course, learn by experiment the proper management of her own oven.

*Basting and Larding.*—Meat, while being cooked, whether by roasting or baking, must be often basted, *i.e.*, the melted fat which has run from it must be poured over its surface with a spoon to prevent the roast from drying out or burning. In order to insure that there may be sufficient dripping for this purpose, the cook must notice whether the meat has



enough fat; otherwise a little additional fat should be put in the pan and also upon the top of the roast. Lean joints of meat, or poultry, game, and the like—which have no natural fat on the outside—should be larded by having slices of fat bacon laid over them and tied tightly with a cord to protect the meat from browning too rapidly. Or a piece of buttered paper may be used for this purpose, which should be taken off during the last fifteen minutes so that the surface may become brown. Larding is usually necessary for Lay them over the steak, and serve.

thick pieces only. Meat baking in the oven—except for very small pieces—requires basting at intervals of twenty minutes.

*Time for Cooking a Roast.*—Some experience is required to determine when a roast is sufficiently done. The inexperienced cook should consult the Complete Time Table, elsewhere given. But one must also consider that the time required depends upon the weight and the quality of the roast. As a general rule, a thick piece of beef requires fifteen minutes to the pound, and fifteen minutes over. A similar piece of pork or veal will require twenty minutes to the pound, and fifteen minutes over; poultry, fifteen minutes to the pound.

With a little experience the cook should be able to tell when the meat is done by piercing with a fork upon the outside.

*Broiling.*—Broiling, like roasting, is cooking by the direct rays of the fire; unlike roasting, it is adapted to small and thin pieces of meat, such as chops, steak, chicken, and smaller game birds. The whole of the cooking is accomplished by heat applied to the outside, but so regulated as to allow the outside to be hardened while the inside is being gently cooked. To accomplish perfect broiling some care and experience are required. In cooking on the grill, the state of the fire must be taken into consideration. The coals must be glowing, without smoke or flame. Should flame arise, a few drops of cold water sprinkled over the

coals will cause them to subside. For broiling by gas, the gas must be lighted long enough in advance to radiate a strong heat, both over and under the grill. The grill should be greased with suet or pieces of larding pork, and the steak or other pieces of meat to be broiled laid on this, held at a proper distance from the fire, and turned once in a while till done. A chop or steak, when properly grilled, should look plump in the middle, and should be rare and juicy rather than dry and hard.

For full instructions as to the time required for broiling, consult the Complete Time Table. But observe that, in general, the time is regulated, not by weight, but by the thickness of the meat, and is approximately as follows: for a steak one and one-half inches thick, underdone, fifteen minutes; well done, twenty minutes. For a steak one inch thick, underdone, twelve minutes; well done, fifteen minutes. For spring chicken, fifteen minutes, squab chicken, ten minutes. For a lamb chop, seven minutes, and for a veal chop, fifteen minutes.

### **CUTS OF BEEF**

The beef animal is cut in halves lengthwise along the back. Each half or side weighs about 450 pounds, and is divided into the fore and hind quarters.

#### **FORE QUARTER CUTS**

Neck—Good for mincemeat; also as a brown stew. Flavor and richness are added by cooking with salt pork.

Chuck—Suitable for pot roasts, stews, casserole dishes and spiced beef.

Ribs—There are seven ribs in this cut. About one-half is lean meat, one-third fat and one-sixth bone. The two ribs nearest the loin make excellent roasts. Ribs are always roasted.

Shank—Used mostly for soups and stews; also for hamburger steak.

WILSON PRODUCTS

Clod—Used for steaks and pot roast.

Brisket—Used mostly for corned beef, also used for soup, pot roast and stew.

Plate—Suitable for soup and pot roast. Generally used for making corned beef.

### HIND QUARTER CUTS

Rump—About one-third fat and one-half lean meat. Generally used for steaks, corning, braising and pot roast.

Round—A juicy cut, free from fat. The top (or inside) is used for steak and roasts. The bottom (or outside) is best chopped.

Loin—Contains the choicest steaks and is divided into two portions, the short loin and the loin end. This latter cut contains the sirloin, pinbone and porterhouse steaks.

Shank—Used for soup and stews.

Flank—Practically a boneless cut. Can be used with very little waste. Contains the flank steak. Flank meat makes excellent pot pie.

### OTHER PARTS

Heart—Braised.

Tail used for soup.

Tongue—Boiled.

Kidneys—Stewed.

Brains—Scalloped or creamed.

Tripe—Stewed or fried.

Suet—Tried out, used as fat.

Thymus gland and pancreas (calfs) or sweetbreads.

### TO BROIL A STEAK

Grease a broiler with beef fat, place the steak in it, and hold it over a clear fire while counting ten slowly. Turn the broiler and hold the other side down for the same length of time. Turn the meat once in ten seconds for about one

minute, or until it is well seared; then hold it farther from the fire, turning occasionally, until the surface is brown. Broil five or six minutes. When the steak is cooked, lay it on the platter, spread both sides with butter and sprinkle with salt and pepper.

### **STEAK SAVORY (Hungarian Recipe)**

- 1 pound round steak.
- 1 teaspoonful butter.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{4}$  teaspoonful pepper.
- $\frac{1}{2}$  cupful chopped beef fat.
- 2 onions.

Cut the steak into four parts. Place a frying pan over the fire with enough beef fat to grease the pan. When very hot, put in the meat and fry over a quick fire until brown on both sides. Remove to a hot dish. Mix butter, salt, and pepper. Spread this over both sides of the steak and set in a warm place. Put chopped beef fat in the pan and fry, remove the bits of fat, leaving the liquid fat in the pan. Add to this the onions cut in slices, season with salt, cover, and cook five minutes, stirring them occasionally. Lay them over the steak, and serve.

### **STEAK A LA BORDELAISE**

- 1 Sirloin steak.
- 2 tablespoonfuls butter.
- 2 tablespoonfuls flour.
- 2 cupfuls beef stock.
- 2 tablespoonfuls chopped raw ham.
- $\frac{1}{2}$  bay leaf.
- 1 tablespoonful chopped onion.
- Salt and pepper to taste.
- 1 tablespoonful tomato ketchup.
- $\frac{1}{2}$  cupful finely chopped mushrooms.

Brown the butter and flour, stir in the stock; when thick and smooth, add the ham, bay leaf, and onion. Cover and simmer gently for an hour, then strain. Add salt, pepper, ketchup, and mushrooms, and keep hot. Broil a sirloin steak, arrange on a hot platter, and pour this sauce around it.

## **PLANKED STEAK**

Wipe, remove superfluous fat, and pan broil seven minutes a porterhouse or cross-cut of the rump steak cut one and three fourths inches thick. Butter a plank and arrange a border of Duchess Potatoes close to edge, using a pastry bag and rose tube. Remove steak to plank, put in a hot oven, and bake until steak is cooked and potatoes are browned. Spread steak with butter, sprinkle with salt, pepper, and finely chopped parsley. Garnish top of steak with sautéed mushroom caps, and put around steak at equal distances halves of small tomatoes sautéed in butter and on top of each tomato a circular slice of cucumber. (Fannie M. Farmer.)

## **HAMBURG STEAK**

Two pounds round beef chopped fine; press it into a flat steak. Sprinkle with salt and pepper and a little onion juice; flour lightly, and broil as beefsteak. Make a brown gravy with a little soup stock, thicken with flour, and pour around the steak.

This name is commonly given to inexpensive cuts of beef chopped, seasoned a little, shaped into small balls or into one large thin cake, and quickly broiled in the way that a tender steak would be. Owing to the quick cooking much of the natural flavor of the meat is developed and retained. The fact should be kept in mind that Hamburg steak must be made from fresh, well-ground meat. It is much safer to chop the meat at home, as chopped meat spoils very quickly. Much depends, too, upon browning it sufficiently to bring out the flavors. Many cooks think that Hamburg steak is improved if the meat is mixed with milk before it is cooked.



INDIAN PACKING CO.

### ROAST BEEF

Use, if possible, a covered roaster for cooking any sort of meat. The result is a more tender roast and less shrinkage. Wipe the meat, set it in a dripping pan, skin side down. Rub with salt and pepper, then dredge with flour. Have the oven as hot as possible when meat is put in, so the outside will sear quickly and prevent the escape of the meat juice. As soon as the flour in the pan is brown, reduce the heat and baste with the fat in the pan. When the meat is half done, turn it on the other side and dredge with flour, allowing one hour for each five pounds if the meat is desired rare. An hour and twenty minutes is needed if you wish it well done.

### ROAST BEEF GRAVY

Pour out most of the fat, leaving 4 tablespoonfuls; set the pan on top of the stove, add  $\frac{1}{4}$  cupful flour, and stir it with the fat until well browned. Add gradually from 1 to 2 cupfuls boiling water, and beat the gravy smooth with a wire spoon; if it is not rich enough in coloring, brown with  $\frac{1}{2}$  teaspoonful kitchen bouquet. Season with salt and pepper.

### BRAISED BEEF

- 3 pounds beef.
- 2 ounces fat salt pork.
- 2 tablespoonfuls flour.
- 3 teaspoonfuls salt.
- 1 teaspoonful pepper.
- $1\frac{1}{2}$  pints water.
- 2 tablespoonfuls minced onion.
- 2 tablespoonfuls minced carrot.
- 2 whole cloves.
- 1 sprig parsley.

Cut the pork into thin slices and fry until brown and crisp. Take out the pork, putting the vegetables in the fat remaining in the pan, and cook slowly fifteen minutes. Rub half the pepper and 2 teaspoonfuls salt over the piece of meat, and place it in a deep graniteware pan. When the vegetables are cooked, put them with the meat, first pressing from them as much fat as possible. Into the fat remaining in the pan put the flour, and stir until it becomes brown. Add the water gradually, stirring all the while. Season this gravy with the remainder of the salt and pepper, and boil for five minutes; then pour over the meat in the pan. Add the cloves and parsley. Cover the pan and set in a very moderate oven. Cook for five hours, basting every half hour with the gravy in the pan. The oven must never be so hot that the gravy will boil.

#### **BEEF STEW WITH DUMPLINGS**

2 pounds upper part of round steak with the bone.

3 pints boiling water.

1 turnip.

1 carrot.

1 onion.

$\frac{1}{2}$  tablespoonful salt.

$\frac{1}{8}$  tablespoonful pepper.

$\frac{1}{2}$  bay leaf.

$\frac{1}{3}$  cupful flour for thickening.

Wipe meat and cut in one and one half inch pieces, sprinkle with a little salt and flour. Put some of the fat in a hot frying pan, and when tried out, add meat, turning often, till well browned. Then put in a kettle with the bones, add boiling water, rinsing out frying pan with some of it, that none of the fat will be wasted. Let meat boil for five minutes, then set back on the stove where it will cook slowly for two hours. Add onion, carrot, and turnip which have been cut in half-inch cubes, and cook for another hour. Twelve minutes before the stew is done, put dumplings on a perforated tin pie plate, or in a steamer, cover closely, and do not lift the cover until stew is cooked.

### DUMPLINGS

- 2 cupfuls flour.
- 4 teaspoonfuls baking powder.
- $\frac{2}{3}$  cupful milk or a little more if needed.
- $\frac{1}{2}$  teaspoonful salt.
- 2 teaspoonfuls butter.

Mix and sift the dry ingredients. Work in the butter with the tips of fingers, add milk gradually, roll out to a thickness of one-half inch and cut with biscuit cutter. In some countries it is customary to season the dumplings themselves with herbs, etc., or to stuff them with bread crumbs fried in butter instead of depending upon the gravy to season them.

### CASSEROLE FLANK STEAK

- A flank steak.
- 1 tablespoonful vinegar.
- $\frac{3}{4}$  cupful rolled oats.
- $\frac{3}{4}$  cupful boiling water.
- 1 cupful browned corn bread or muffin crumbs.
- 1 teaspoonful salt.
- 1 teaspoonful fine sage.
- 1 tablespoonful chopped onion.
- 1 teaspoonful chopped green pepper.
- $\frac{1}{2}$  teaspoonful pepper.
- 12 small potatoes.
- 12 tiny carrots.
- Water.
- 2 tablespoonfuls flour.

Score the steak, being careful not to cut all the way through; brush with vinegar and let stand while preparing the filling. Pour the boiling water over the oat flakes and cook until the water is all absorbed. Let cook and mix it with the crumbs, which have been browned in the oven, and the seasonings; add enough water to moisten sufficiently to spread on steak. After spreading the filling on the steak,

ARMOUR

roll, skewer, or tie together; lard with trimmings from the steak. Place in a greased casserole, arrange potatoes and carrots around the steak, pour in one-half cupful of water, cover, and place in oven for about one hour. Remove meat and vegetables and use flour and water as needed in making gravy. Sliced large potatoes and carrots may be used if desired.

### STEWED SHIN OF BEEF

- 4 pounds of shin of beef.
- 1 medium-sized onion.
- 1 whole clove and a small bay leaf.
- 1 sprig of parsley.
- 1½ tablespoonfuls of flour.
- 1 small slice of carrot.
- ½ tablespoonful of salt.
- ½ teaspoonful of pepper.
- 2 quarts of boiling water.
- 1½ tablespoonfuls of butter or savory drippings.

Have the butcher cut the bone in several pieces. Put all the ingredients but the flour and butter into a stewpan and bring to a boil. Set the pan where the liquid will just simmer for six hours, or after boiling for five or ten minutes, put all into the fireless cooker for eight or nine hours. With the butter, flour, and one-half cupful of the clear soup from which the fat has been removed, make a brown sauce; to this add the meat and the marrow removed from the bone. Heat and serve. The remainder of the liquid in which the meat has been cooked may be used for soup.

### FILLIPINO BEEF

- 1 pound round beef.
- ½ pound lean fresh pork.
- 1 small onion.
- 1 green pepper.
- 1 teaspoonful of salt.



- 1 cup of soft stale bread crumbs.
- 1 egg.
- 2 cups of stewed tomatoes.
- 2 slices of bacon.
- 2 tablespoonfuls of butter.
- 4 tablespoonfuls of flour.

Remove the seeds from the pepper and put it through the meat grinder with the meats and the onion. Add crumbs, egg, and salt. Make into a roll, place in a shallow baking dish, pour the strained tomatoes around it, put the bacon on top, and bake forty minutes, basting with the tomatoes. Thicken the gravy with the flour cooked in the butter. A little seasoning such as a bit of bay leaf, a clove and a small piece of onion improves the tomato sauce. As the pepper and onion are not likely to be cooked as soon as the meat, it is well to fry them in a little fat before adding to the other ingredients.

This dish will serve 6 to 8 people.

### **HOT MEAT SANDWICHES**

Prepare the recipe for baking powder biscuit. Roll it into a thin, rectangular sheet. Have ready any variety or two varieties of tender cooked meat, chopped fine. If cold roast meat be used, it must be cooked tender and all inedible portions removed before chopping. Moisten the meat with a very little cold sauce and spread it over the dough. Do not use too much. Roll like a jelly-roll; cut into six pieces, and set these on end in a greased baking pan, with a bit of butter above each. Bake about twenty-five minutes. Serve at once with plenty of brown or cream sauce, according to the variety of meat. Corned beef with cream sauce is good. Chicken and ham with bechamel sauce (chicken broth and rich milk) is another good combination.

### MEAT TURNOVERS

Almost any kind of chopped meat may be used in these, and if the quantity on hand is small may be mixed with potato or cooked rice. This filling should be seasoned to taste with salt and pepper, onion, or whatever is relished, and laid on pieces of short biscuit dough rolled thin and cut into circles about the size of an ordinary saucer. The edges of the dough should be moistened with white of egg, the dough then folded over the meat, and its edges pinched closely together. If desired, the tops of the turnovers may be brushed over with yolk of egg before they are placed in the oven. About half an hour's baking in a hot oven is required. Serving with a brown sauce increases the flavor and moistens the crust.

### BOILED DINNER

To Boil Corned Beef—Wipe the meat and tie securely in shape, if this has not been already done at market. Put in kettle, cover with cold water, and bring slowly to boiling-point. Boil five minutes, remove scum, and cook at a lower temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover and place on cover a weight, that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered and pressed.

A boiled dinner consists of warm unpressed corned beef, served with cabbage, beets, turnips, carrots, and potatoes. After removing meat from water, skim off fat and cook vegetables (with exception of beets, which require a long time for cooking) in this water. Carrots require a longer time for cooking than cabbage or turnips. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Cabbage and beets are served in separate dishes, other vegetables on same dish with meat.

## HUNGARIAN GOULASH

- 2 pounds top round of beef.
- A little flour.
- 2 ounces salt pork.
- 2 cupfuls tomato.
- 1 stalk celery.
- 1 onion.
- 2 bay leaves.
- 6 whole cloves.
- 6 peppercorns.
- 1 blade mace.

Cut the beef into 2-inch pieces and sprinkle with flour; fry the salt pork until light brown; add the beef and cook slowly for about thirty-five minutes, stirring occasionally. Cover with water and simmer about two hours, season with salt and pepper or paprika.

From the vegetables and spices a sauce is made as follows: cook in sufficient water to cover for twenty minutes; then rub through a sieve, and add to some of the stock in which the meat was cooked. Thicken with flour, using 2 tablespoonfuls (moistened with cold water) to each cup of liquid, and season with salt and paprika.

Serve the meat on a platter with the sauce poured over it. Potatoes, carrots, and green peppers cooked until tender, and cut into small pieces or narrow strips, are usually sprinkled over the dish when served, and noodles may be arranged in a border upon the platter.

## AMERICAN CHOP SUEY

- 3 slices salt pork.
- 3 medium onions.
- 1½ pounds hamburg steak.
- 1 can Campbell's tomato soup.
- 1 cupful hot water.
- 1 cupful cooked macaroni or spaghetti.

Try out the salt pork and fry the onions in the fat until delicately browned. Place in a baking dish and add the meat. Spread on this the macaroni and over all pour the soup and hot water. Season with salt, pepper and paprika, cover and bake one and one-half hours in a moderate oven.

### STUFFED HEART

Wash the heart thoroughly inside and out, stuff with the following mixture, and sew up the opening: one cupful broken bread dipped in fat and browned in the oven, 1 chopped onion, and salt and pepper to taste.

Cover the heart with water and simmer until tender or boil ten minutes and set in the fireless cooker for six or eight hours. Remove from the water about one-half hour before serving. Dredge with flour, pepper, and salt, or sprinkle with crumbs and bake until brown.

### BOILED TONGUE

Bend the tip of the tongue around and tie it to the root. Put it in cold water and place over the fire. When it boils, pour off the water, and put it on again in cold water. Boil until tender. Remove the skin, roots, and fat, and serve cold. Tongues may also be braised and served cold. (Mary J. Lincoln.)

### SWEETBREADS AND MACARONI SAUCE

2 beef sweetbreads.

12 sticks macaroni.

2 tablespoonfuls butter.

2 tablespoonfuls flour.

1 cupful cream.

Salt and pepper.

Parboil the sweetbreads, cut into small pieces. Boil the macaroni; when tender, cut it in tiny pieces, making little rings. Into a saucepan put butter and flour; stir, add the cream; when smooth, add the macaroni and sweetbreads. Season with salt and pepper. Boil up and serve.

### **TRIPE A LA CREOLE (Southern Recipe)**

- 2 tablespoonfuls butter.
- 12 peppercorns.
- 2 cloves.
- 1 blade mace.
- 1 onion chopped fine.
- 2 tablespoonfuls flour.
- 1 $\frac{1}{4}$  cupfuls strained tomato.
- $\frac{1}{2}$  pound boiled tripe.

Place in a saucepan the butter, peppercorns, cloves, mace, and onion chopped fine. Cook slowly until the butter is light brown; add the flour, and brown again. Add the tomatoes, strain, and return to the fire. Season to taste; add the boiled tripe, cut into inch strips; cover, and simmer gently for twenty minutes.

### **HUNGARIAN KIDNEY**

- 1 beef kidney.
- 1 $\frac{1}{2}$  tablespoonfuls butter.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{3}$  teaspoonful white pepper.
- 4 tablespoonfuls beef stock.
- 1 tablespoonful chopped mushrooms.
- Yolks 2 eggs.
- $\frac{2}{3}$  cupful milk.

Wash the kidney, and with a sharp knife cut off the outer part of each lobe, rejecting the purplish portion and tubes. Put the butter, salt, and pepper in saucepan. When hot, add the kidney; shake, and cook for five minutes; add the beef stock and mushrooms; simmer for ten minutes. Mix the eggs and milk, add to the contents of the saucepan, stir until the sauce begins to thicken; then take from the fire, and serve in a hot dish.

### **SHEPHERD'S PIE**

Cover the bottom of a greased baking dish with hot mashed potato, add a thick layer of chopped roast beef

(seasoned with salt, pepper and onion juice) moisten with gravy. Cover with a layer of mashed potato and bake in a hot oven to heat thoroughly and brown the top.

### DRIED BEEF WITH CREAM

$\frac{1}{4}$  pound dried beef, thinly sliced.

2 cupfuls milk.

1 tablespoonful fat.

2 tablespoonfuls flour.

$\frac{1}{4}$  teaspoonful salt.

Speck of pepper.

Remove the skin and separate the dried beef in pieces, Cover with hot water, let stand 3 minutes and drain. Make a white sauce by blending the fat and flour and adding the milk gradually. Cook until the sauce thickens, add the dried beef, season and serve on squares of hot toast.

### TRYING OUT FAT

A double boiler is the best utensil to use in trying out small portions of fat. There is no danger of burning the fat and the odor is much less noticeable than if it is heated in a dish set directly over the fire.

### CLARIFYING FAT

Excepting where the purpose of clarifying fat is to remove flavors, a good method to follow is to pour boiling water over the fat, boil thoroughly, and then to set it away to cool. The cold fat may be removed in a solid cake and any impurities clinging to it may be scraped off, as they will be found at the bottom of the layer. By repeating this process two or three times a cake of clean, white fat may be obtained.

A slight burned taste or similar objectionable flavors often can be removed from fat by means of potatoes. After melting the fat, put into it thick slices of raw potato; heat gradually. When the fat ceases to bubble and the potatoes are brown, strain through a cloth placed in a wire strainer.



VEAL

ROAST BREAST OF VEAL

- 1 cupful stale bread.
- 3 tablespoonfuls butter substitute or drippings.
- 2 tablespoonfuls minced onion.
- $\frac{1}{2}$  teaspoonful salt.
- 1 egg.
- Small breast veal (about 3 pounds).
- 1 tablespoonful cornstarch.

Soak stale bread in cold water; when soft press out the water, place fat with minced onion over the fire stir and cook five minutes without browning, then add the bread, cook five minutes longer, season with salt and pepper, add beaten egg and mix. Have the butcher prepare the veal for filling, with a damp cloth wipe the meat, season inside and out with 1 tablespoonful salt and  $\frac{1}{2}$  teaspoonful pepper, then stuff the breast, sew it up, lay the meat in a roasting pan, with slices of pork under it and lay three small slices of pork on top. Place the pan in hot oven, roast until the meat becomes light brown, basting frequently until done; add more water should the gravy brown too much. Ten minutes before serving, lay the meat on a platter, remove the fat from the gravy, mix cornstarch with  $\frac{1}{4}$  cupful cold water, add to it the sauce, stir and cook three minutes, then strain and pour the sauce over the meat.

BROWN STEW

- 2 pounds veal.
- 2 tablespoonfuls drippings.
- 2 tablespoonfuls flour.
- 1 pint water.
- 1 teaspoonful salt.
- Pepper.
- Slice onion.
- 1 teaspoonful kitchen bouquet.
- 1 bay leaf.

Cut the veal into cubes and roll in flour. Put 2 table-spoonfuls fat into a pan; when hot, add the meat, and stir constantly until browned. Dust with the flour, add the water and stir, add the salt and pepper, onion, kitchen bouquet, and bay leaf. Cover, and simmer gently for an hour or until meat is tender.

## VEAL LOAF

- 4 pounds raw lean veal.
- $\frac{1}{4}$  pound ham.
- $\frac{1}{4}$  pound salt pork.
- 1 cupful stale bread crumbs.
- $\frac{1}{4}$  cupful melted fat.
- 1 teaspoonful salt.
- 1 teaspoonful paprika.
- 1 teaspoonful onion juice.
- $\frac{1}{4}$  teaspoonful allspice.
- $\frac{1}{4}$  teaspoonful nutmeg.
- $\frac{1}{4}$  teaspoonful cloves.
- 1 lemon, juice and rind.
- 2 eggs.

Chop very fine the veal, ham, and salt pork. Mix with meat the bread crumbs soaked in milk, butter, seasonings, and well-beaten eggs. Press into a buttered bread pan, bake one hour. Cut when cold into thin slices.

## VEAL BIRDS (English Recipe)

Cut thin slices of veal into pieces two and a half by four inches. Chop the trimmings of the meat fine with one small slice of fat salt pork and half as much cracker crumbs as there is meat. Season highly with salt, cayenne, and onion juice, moisten with beaten egg and a little hot water. Spread each slice of veal with this mixture and roll tightly; fasten with a toothpick. Dredge with flour, pepper, and salt, and fry slowly in hot fat. Add  $\frac{1}{2}$  cupful cream, and simmer twenty minutes. Remove the fastenings, put the birds on toast, pour the cream over them.

## CURRY OF VEAL

2 tablespoonfuls butter or drippings.

1½ pounds veal.

½ onion, chopped.

1 pint milk.

1 tablespoonful flour.

1 teaspoonful curry powder.

Salt and pepper.

Fry the onions in the butter or drippings, remove and fry the veal, cut in pieces until it is brown. Transfer the meat to the double boiler, cover with milk and cook until the meat is tender. 20 minutes before the meat is cooked add the curry powder and the flour mixed to a paste with 2 tablespoonfuls cold water. Cook 20 minutes stirring until the mixture thickens.

## LAMB AND MUTTON

### ROAST LEG OF LAMB

Remove the outer skin, then dredge the meat with salt, pepper, and flour. Place strips of fat pork over the top, roast in a hot oven basting with hot water as soon as flour is browned, dredge with more flour and baste every 15 minutes. Time required for leg of lamb, 1½ hours, mutton 1¾ hours.

### STUFFED SHOULDER OF MUTTON

1 medium shoulder of mutton.

1 cupful bread crumbs.

1 tablespoonful chopped parsley.

Grated rind of half a lemon.

1 tablespoonful chopped suet or drippings.

Salt and pepper to taste.

1 egg.

Have butcher remove the blade bone from the shoulder. Mix the bread crumbs with the parsley, lemon, suet, salt and pepper, and add the egg well beaten. Stuff the cavity from

which the bone was removed. Sew up the opening and roast, basting every fifteen minutes with a little hot water or the meat will be dry.

Allow fifteen minutes to the pound. Serve with a thick, brown gravy. Other dressings may be used if preferred.

### **BROILED LAMB OR MUTTON CHOPS**

Have the chops cut thick, wipe them and remove extra skin and fat. Sprinkle them with salt and pepper. Place on broiler, broil over very quick fire, turning frequently. Broil seven minutes for lamb and ten to fifteen minutes for mutton chops. Pile neatly on a hot platter and put a small piece of butter on each. Garnish with parsley or serve with green peas.

### **BREADED CHOPS**

- 6 loin chops.
- 1 egg.
- 1 cupful bread crumbs.
- 1 teaspoonful salt.
- Pepper.

Have chops cut three quarters of an inch thick. Dip each in beaten egg and lay on a meat board. Mix bread crumbs with salt and pepper, and a little grated nutmeg. Roll the chops in the bread crumbs and fry in deep fat until light brown. Garnish with slices of lemon and sprigs of parsley.

### **TOURNADOES OF LAMB**

Buy six kidney lamb chops cut 2 inches thick. Remove fat and bone. Coil around each chop a thin strip of bacon, having bacon overlap and fasten with a wooden skewer. Sprinkle with salt and pepper, arrange in a baking pan and bake fifteen minutes in a hot oven.

### MUTTON STEW

- 1½ pounds breast of mutton.
- 4 potatoes (medium sized, quartered and parboiled).
- 2 tablespoonfuls rice.
- Salt and pepper.
- 1 pint boiling water.
- 1 onion (sliced about 1½ inches in diameter).
- 1 cupful tomato, strained or
- 1 tablespoonful tomato ketchup.

Brown onions in a little fat in sauce pan. Put with them meat cut in ½ inch cubes and sprinkle with salt and pepper. Cover meat with boiling water, let simmer two hours or until meat is tender. After one hour of simmering, add rice. Half an hour before serving the stew add potatoes. When they are cooked remove bones and pieces of fat and stir in tomato or ketchup.

### MUTTON STEW WITH BARLEY

Cut two pounds meat from the neck or breast into small pieces and put into a kettle with enough water to cover. Use a cup and a half of water to a pound of meat. Add four medium onions cut in pieces, six diced carrots, salt and pepper. For each pint of liquid add a third of a cup of pearl barley. Simmer gently for two to three hours or until meat is tender.

### HOT POT OF MUTTON AND BARLEY

One pound mutton, one-half cup pearl barley, one tablespoonful salt, four potatoes, three onions, celery tops or other seasoning herbs. Cut the mutton in small pieces, and brown with the onion in fat cut from meat. This helps make the meat tender and improves the flavor. Pour this into a sauce-pan. Add two quarts water and the barley. Simmer for one and one-half hours. Then add the potatoes cut in quarters, seasoning herbs and seasoning and cook one-half hour longer.

### LAMB FRICASSEE

- 2 pounds breast lamb.
- 2 tablespoonfuls fat or drippings.
- 2 tablespoonfuls chopped onion.
- 2 teaspoonfuls salt.
- 2 tablespoonfuls flour.
- $\frac{1}{2}$  tablespoonful butter.

Dip the lamb into boiling water, then into cold water; cut the meat into two-inch pieces. Melt the fat in a saucepan, add the onions, and cook five minutes. Season the meat with the salt; add it to the fat and onions in the saucepan; cook ten minutes, cover with boiling water, cover and cook until tender. Shortly before serving, melt  $\frac{1}{2}$  tablespoonful butter, add the flour, stir until smooth, add it to the fricassee, and boil five minutes longer.

### IRISH STEW

- 2 pounds mutton suitable for stewing.
- 8 medium-sized potatoes.
- About  $1\frac{1}{2}$  pints water.
- 6 small onions.
- 1 small carrot.
- Salt and pepper.

Cut the meat into pieces of convenient size for serving. Remove some of the fat and put the meat into a saucepan with the water which should be boiling; add the onions peeled and cut into thin slices, also the carrot scraped and sliced. Cook very gently — the water should only simmer, for hard boiling would toughen the meat — and at the end of an hour add the potatoes, peeled and cut in thick pieces. Season to taste with salt and pepper, and continue to cook till the potatoes are tender. Then serve all together in one dish.



## PORK

### ROAST PORK

Select a piece of loin pork three pounds in weight; score the rind across one eighth of an inch apart, season with  $\frac{1}{2}$  tablespoonful salt and  $\frac{1}{4}$  teaspoonful pepper; lay the pork in a covered roasting pan, place it in a medium hot oven, roast till light brown, then add  $\frac{1}{2}$  cupful boiling water; continue to roast until meat is crisp and brown and perfectly tender allowing about twenty-five minutes to the pound. Transfer to a hot dish and make a gravy from three tablespoonfuls fat from the pan three tablespoonfuls flour and  $1\frac{1}{2}$  cupfuls water. Strain, and serve with the meat.

### PORK TENDERLOINS WITH SWEET POTATOES

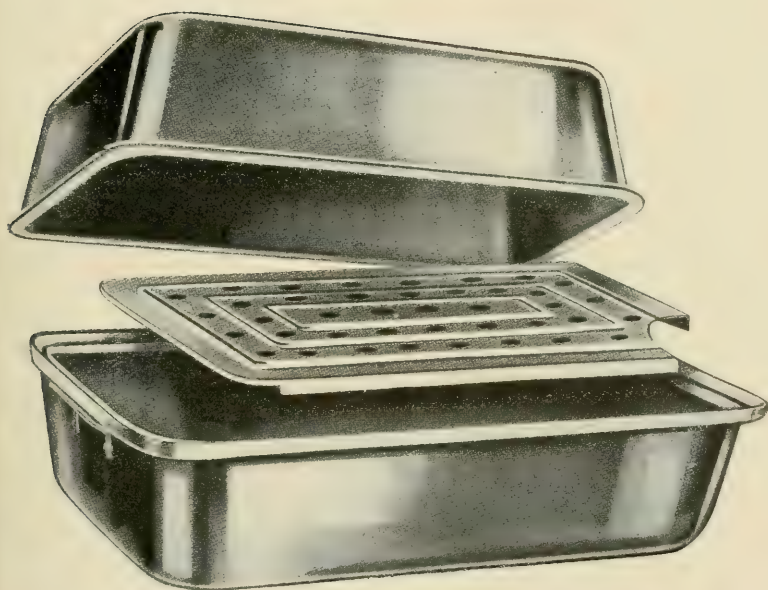
Wipe tenderloins, put in a dripping pan and brown quickly in a hot oven; then sprinkle with salt and pepper, and bake forty-five minutes, basting every fifteen minutes.

Pare six potatoes and parboil ten minutes, drain, put in pan with meat, and cook until soft, basting when basting meat. (Fannie M. Farmer.)

### BAKED PORK CHOPS WITH APPLES

Sprinkle the chops with salt, pepper and a little sage, then roll them in finely ground bread crumbs and place in a dripping pan. Set half of a cored apple on each one and bake thirty minutes in a moderate oven. When the crumbs are slightly browned, a little water should be added to the pan. (Ida C. B. Allen.)

## WEAR-EVER ALUMINUM



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

### TO BOIL A HAM

Scrub the ham thoroughly with cold water in which there is a little baking soda. Place in a large kettle, cover with cold water and bring to the boiling point. Simmer slowly until the ham is perfectly tender allowing about thirty minutes to the pound. Cool in the water in which it is cooked. Remove from the water, peel off the skin and roll in three cupfuls dried bread or cracker crumbs in which three tablespoonfuls brown sugar is mixed. Stick with cloves, place in the oven and bake until the crumbs form a crisp brown crust.

### BAKED HAM IN MILK

2 pounds ham sliced 1 inch thick.

Flour.

1 tablespoonful butter substitute.

Milk.

Pepper.

Soak the ham an hour in warm water, drain, place in a casserole, sprinkle thickly with flour, season with pepper, cover with milk and dot over with butter substitute. Bake until the ham is tender — about forty-five minutes. (Ida C. B. Allen.)

### BREAKFAST BACON

Place slices of bacon on a wire rack in a dripping pan. Bake in a hot oven about ten minutes or until crisp. Save the fat for cooking.

### BAKED SAUSAGES

Prick the sausages, place in a dripping pan and bake in a moderate oven about twenty-five minutes.

## SELECTION OF POULTRY

Chicken, turkey, geese, and domestic ducks are classified as poultry; wild duck, wild geese, partridge, reed birds, quail, and other small birds, as game. Poultry is a staple

article of diet, being more or less available at every season of the year. The first broilers come into the market very early in the spring, and continue to become more plentiful, and to decrease in price during the spring and summer. The season for broilers may be said to be at its height in May and June. The so-called milk-fed and early spring chickens begin to become available in July, and continue in the market until August. They are commonly cooked, either a la casserole, or roasted. Philadelphia capons begin to come in about the same time as roasting chicken, namely, in September. They are commonly served at dinner, usually roasted. The capon has a somewhat larger and plumper carcass than other chicken, and is further distinguished by its rich flavor.

Chicken and other poultry is usually most plentiful before Thanksgiving, and the supply of local stock is generally exhausted on or before the holidays. After this the city markets are supplied chiefly with cold storage stock, and hold the local stock at an average level of about one-third higher. As the season advances, the tendency is for local stock to increase in relative price as the cold storage stocks shrink and deteriorate in quality.

The season for turkey is now very similar to that for chicken. Not many years ago turkeys were thought to be at their best only on or after Thanksgiving Day, but young turkeys, comparable to chicken broilers and milk-fed chicken, are now commonly cooked and accepted as a summer delicacy. Young Guinea hen broilers and roasting chickens are also very delicious, being even more tender when properly cooked, than chicken, and having a distinctive flavor that makes them an excellent substitute for game birds. The season for domestic ducks is the same as that for chicken.

The quality of poultry depends upon the breed, the method of feeding, the age of the bird when killed, the manner in which the carcass is dressed, and the length of time that it has been upon the market. The best chickens

have soft, yellow feet, smooth, thick legs, and smooth yellow or white skins. The yellow skinned birds are likely to be more plump, those having white skin more tender. The skin should be moist and tender, and the breast plump and firm. The cartilage of the breast bone should be soft and pliable but this cartilage is sometimes broken to deceive purchasers, a device which, however, if the purchaser is upon his guard, can be very easily detected.

Grain-fed chickens are to be preferred to those fed upon table scraps or garbage. Fowls fed upon rice, as is quite customary in certain parts of the South, have white fat, and the Southern barnyard fed turkey, fattened on small rice, is among the finest of domestic fowl. Poultry fed on cornmeal have yellow fat. The so-called milk-fed chickens are presumed to be fed, or at least fattened, in large parts, upon meal, or other ground grain mixed with milk instead of water.

The age of poultry, at the time of killing may usually be detected by the legs and feet, which in young birds are smooth, moist, and supple, and in older fowl hard and scaly. One test is to try the skin under the leg or wing, or to seize a pinch of the breast meat and twist it. If the skin and flesh is tender and breaks easily, the bird is young and fresh. Otherwise, it is probably old, and certainly is tough. Also turn the wing backward, if the joint yields readily it is tender. The eyes of fresh young fowls are full and bright. A growth of hair over the carcass is an indication of age in both chicken and turkey. Plentiful pin feathers denote a young bird. The flesh of the old turkey, where it shows under the skin upon the back and legs, is purplish. Observe in this connection that about March turkeys begin to deteriorate in quality. Great care should be taken to avoid poultry the flesh of which has become tainted and unwholesome. All poultry should be promptly and properly drawn, but the laws of some states permit of fowls being

kept for sale undrawn, a condition which is not only a serious menace to health, but is ruinous to their proper flavor.

The partly, or otherwise improperly, drawn chicken is often as bad (and sometimes even worse) than the undrawn one. The higher price charged in most markets for the so-called Philadelphia chicken is a premium paid for proper methods of killing and preparing them for market.

The flavor of poultry is also impaired by scalding, as an aid in removing the feathers, hence the dry picked fowl sells at a higher price, and is to be preferred, although its appearance may be somewhat less attractive.

A domestic duck or goose should never be more than a year old. Young ducks and geese have white, soft feet and tender wings. The body should be plump and thick, the fat light and semi-transparent, the breastbone soft, the flesh tender. The beak should be flesh-colored and brittle. The wind-pipe should break when pressed between the thumb and fore-finger.

Domestic ducks — commonly called in Eastern markets, Long Island duckling — and the domestic geese, are, at ordinary prices, as economical as chicken. The season is the same as for poultry.

### DRESSING POULTRY AND GAME

Generally fresh killed poultry should not be cooked for twenty-four hours, although in hot climates, as, for example, in the Southern United States, broiling and roasting chickens are commonly sold alive, killed by the cook and immediately prepared for the oven. Poultry is better if the birds are picked dry, but the feathers will come off more easily if the fowl is plunged into a pot of scalding water. After the carcass is picked clean it should be held over the coals or over a roll of burning white paper or an alcohol flame, to singe off all hairs.



To draw poultry and game, make a cut around the vent and make an incision up toward the breast bone. Insert two fingers, loosen the fat from the skin and separate the membranes lying close to the body. Keep the fingers up close to the breastbone until you can reach in beyond the liver and heart and loosen them upon either side, gradually working the fingers around toward the back. Always remember that the gall bladder lies under the liver at the left side, and that, if it is broken, the contents will make every part of the meat that it touches bitter and unfit for use. If the fingers are kept up and everything is carefully loosened before being drawn out, there will be less danger of its breaking. The kidneys and lungs are not infrequently left in by careless cooks, but everything should be taken out that is movable. After the bird has been drawn, it should be washed thoroughly, wiped dry, inside and out, with a clean towel. The head and neck should then be cut off, and the bird trussed for the oven.

To truss a Chicken or Turkey draw the thighs up close to the body, cross the legs over the vent, and tie firmly with twine. Thrust a skewer through one thigh, into the body, and out through the opposite thigh, and another in like manner through the wings. Draw the wings and thigh closely together, and tie firmly with twine. Since poultry and game birds have little or no fat in the meat under the skin they should be larded by laying a thin strip of salt pork or bacon over the breast after the carcass has been placed on its back in the dripping-pan. When roasting a chicken or small fowl there is danger that the legs may burn or become too hard to be eaten. To avoid this, a strip of cloth dipped in a little melted fat, or rubbed with fat, may be wound about the legs while the heat in the oven is highest, and afterward removed in time to allow the legs to brown sufficiently. This difficulty will be overcome, however, if the deep roasting pan with a close cover is used. These pans are made double, with only a small opening in

the top as a vent for the accumulation of steam and gases, but retain most of the moisture and flavor of the juices, that would otherwise be lost in large measure by evaporation.

### TO DRESS A CHICKEN

To dress a chicken or other bird for broiling, pick, singe, cut off the head and neck close to the breast, and the legs at the knee joints.

Singe, wipe dry and split down the middle of the back. Lay the carcass open, and remove the contents. Cut the tendons in the thighs or break the joints. Lay the carcass flat between the double broiler, or upon the bars of the grill, and broil, for the squab chicken, ten minutes, and for the spring chicken, fifteen minutes.

### TO CUT UP A CHICKEN

To cut up a raw chicken for fricasseeing, pick and wipe dry as for a roasting chicken. First take off the legs from the carcass, then wings, then separate the breast from the remainder of the carcass. Split it into two and cut each half of the breast into either two or three parts, according to the size of the chicken. Cut the rest of the carcass crosswise, in three pieces or, if the chicken is very big, split the carcass in two before cutting crosswise.

### CARVING AND SERVING POULTRY AND GAME

Carving Poultry—To carve a turkey or other large bird, such as a goose, duck, or roasting chicken, place the carcass on a platter or wooden carving board, upon its back, with the head to the left, the carcass resting diagonally rather than at right angles to the carver's body. Insert a fork firmly across the breast bone, grasp the fork with the left hand, firmly enough to steady the carcass, and with the knife divide the skin between the leg and the carcass, on the side nearest the carver, cutting clear down to the leg joint. Force the leg over sharply from the carcass,

so as to expose the joint, and completely sever the drum-stick and second joint in one piece from the carcass. Separate the drum-stick from the second joint by cutting from the point of the angle between them upon the inside, straight in and directly across the joint.

If the knife is drawn squarely across the joint, it will separate without resistance, whereas at any other point the knife will encounter solid bone.

Make an incision along either side of the bone, in the second joint, cut under the bone, at the end, lift it up, and cut underneath and between the bone and the meat, so as to remove the bone from this joint entirely.

Carve thin slices of the white meat from the breast, parallel with the breastbone, and similar slices of the dark meat from the face of the second joint, also parallel with the bone, and serve to each person a slice of the white and a slice of the dark meat, with a few sprigs of cress or parsley, a portion of the dressing, and a spoonful of gravy upon the side of the plate.

If the slices from the breast and second joint are sufficient to serve the entire company, the carver need proceed no further; but if not, the wing should next be cut off, in the same manner as the leg, and similarly divided at the joint, the second joint of the wing being served as one portion. Should the whole turkey be required, the platter should be turned and the opposite side carved in the same fashion, but the carver should proceed no further than is necessary, leaving the remainder of the carcass intact, for another meal.

#### ROAST STUFFED TURKEY\*

Selection—In selecting a turkey choose one that is plump, with smooth dark legs, and with cartilage at end of the breast-bone soft and pliable. Cock turkeys are usually considered better than hen turkeys, unless the latter be

\*"The Woman's Home Companion," November, 1916, Number.

small and very plump. When preparing for a large number many prefer to cook two ten-pound birds rather than one large one, as the meat is finer grained.

To dress and clean.—Remove hairs and down by holding the bird over a flame (from gas, alcohol or burning paper), turning it until all parts have been exposed to flame. This is called singeing. Cut off the head and draw out pin feathers using a small pointed knife. Cut through the skin around the leg one and one-half inches below the leg joint, being careful not to cut tendons. Place leg at this cut over edge of board, press downward to snap the bone, take foot in right hand, holding turkey firmly in left hand, and pull off foot, and with it the tendons. In some birds tendons have to be drawn separately, which is done with a steel skewer. Poultry drawn at market seldom have the tendons removed unless ordered. It is an important step, for they become hard and bony when cooked. Make an incision through skin below breastbone, just large enough to admit the hand. Remove entrails, gizzard, heart and liver; the last three are known as giblets. The gall bladder, lying on the under surface of the right lobe of the liver is removed with the liver; this should not be broken, as the bile which it contains imparts a bitter flavor. On either side of the backbone may be found the lungs, red and of spongy consistency. Care must be taken to remove every part of them. The kidneys, lying in the hollow, near the end of the backbone, must also be removed. Remove the windpipe and the crop by inserting the first two fingers under skin close to neck.

Cut off neck close to body, leaving skin long enough to fasten under the back. Cut off tips of wings. Remove oil bag and wash bird in cold water.

To clean giblets—Remove thin membrane, arteries, veins, and clotted blood around heart; separate gall bladder from liver, cutting off any of liver that may have a greenish tinge. Cut fat and membranes from gizzard and cut as far as inner lining, being careful not to pierce it. Remove

the inner sack and discard. Wash giblets, and cook until tender with neck and tips of wings, putting them in cold water and heating water quickly. This is used for making gravy.

To stuff poultry—Put stuffing by spoonfuls in neck, using enough to fill the skin, so that bird will look plump when served. When cracker stuffing is used allowance must be made for the swelling of the crackers. Put some of the remaining stuffing into body and shape remainder into cakes. If the body is full, sew skin; if not filled, fasten with a skewer.

To truss—Draw thighs close to body and hold by inserting a steel skewer under middle joint, running it entirely through body. Cross drumsticks (legs) tie securely with a long soft string and then tie to tail. Place wings close to body and hold in place by inserting a second skewer through wings and body, and fasten neck skin under back with wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string; fasten around upper skewer; fasten string in a knot and cut off ends.

To roast—Dress, clean, stuff, and truss a ten-pound turkey as directed. Place on side on rack in dripping pan, rub entire surface with salt, and spread breast, legs and wings with one-third cupful of butter, rubbed until creamy and mixed with one-fourth cupful of flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour on turkey begins to brown, reduce heat, and baste every fifteen minutes until cooked, which will require about three hours. For the basting, use one-half cupful of butter melted in one-half cupful of boiling water, and after that is used, baste with fat in pan. Pour water in pan during the cooking as needed, to prevent flour from burning. During the cooking turn bird frequently that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Place on hot platter, remove string and skewers,



and garnish with stuffing cakes, celery tips, a string of cranberries and a skewer stuck with three cranberries in breast. Decorate legs with paper frills.

**Turkey Stuffing.**—Melt one-half cupful of butter substitute in four cupfuls of scalded milk, and pour over four cupfuls of cracker crumbs, seasoned with salt, pepper, and poultry seasoning, then add two eggs, slightly beaten. After stuffing the turkey make remaining mixture into cakes, put in a slightly buttered pan and bake one hour, basting with a small quantity of liquid in pan in which turkey is roasting, when basting turkey. The eggs may be omitted if the stuffing is not to be served when cold. These cakes make an attractive garnish for the turkey, besides forming an excellent way to add to the amount of dressing.

**Brown Gravy.**—Remove liquid in pan in which turkey has been roasted; skim off six tablespoonfuls of fat; return fat to pan, place on range, add six tablespoonfuls of flour, and stir constantly until well browned; then pour on gradually, while stirring, three cupfuls of stock, (in which giblets have been cooked). Bring to the boiling point, and simmer five minutes. Season with salt and pepper; then strain. Add chopped giblets to gravy.

### ROAST CHICKEN

Choose and clean the chicken as directed for Roast Stuffed Turkey. Stuff and bake the chicken until tender which will require about 1½ hours.

### CHICKEN PIE

Cut up chicken and cook in boiling water to cover. Season with salt and pepper. When parboiled, remove to a deep earthen dish and cover with a crust. Use a recipe for rich baking-powder biscuit. Instead of putting a large piece of the dough on top of the pie, cut it into rounds, as for biscuit. Cover chicken and gravy with the crust. Bake



in a moderate oven until the crust is well risen and brown. This is an improvement on the old style of all-over crust, because it allows plenty of escape for steam, the biscuit can be easily served, and the paste is not made heavy by cutting with a knife.

### CHICKEN EN CASSEROLE

1 young chicken.

3 tablespoonfuls butter.

1 small onion.

1 small carrot.

1 bay leaf.

A few mushrooms, canned or fresh.

2 cupfuls stock or water.

3 potatoes.

Salt and pepper to taste.

Clean, singe and cut the chicken into pieces convenient for serving. Melt the butter in small frying-pan, add the onion and carrot, both cut in thin slices, also the pieces of chicken, and cook all till golden brown, placing them in the casserole as they reach this stage. Pour the stock over them, put in the bay leaf, and cover closely.

When nearly done, add the potatoes sliced, the mushrooms, and seasoning. Cover, and finish the cooking, and send to table in the casserole.

## CHAPTER XII

### FISH AND MEAT SAUCES

#### THIN WHITE SAUCE

1 tablespoonful butter or butter substitute.

1½ tablespoonfuls flour.

1 cupful milk.

¼ teaspoonful salt.

Few grains pepper.

Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about one-third at a time, stirring until well mixed, then beating until smooth and glossy. If a wire whisk is used, all the milk may be added at once.

#### MEDIUM WHITE SAUCE

1 tablespoonful butter or butter substitute

2 tablespoonfuls flour.

1 cupful milk.

¼ teaspoonful salt.

Few grains pepper.

Make as Thin White Sauce.

#### THICK WHITE SAUCE

2 tablespoonfuls butter.

3 tablespoonfuls flour.

1 cupful milk.

¼ teaspoonful salt.

Few grains pepper.

Make as Thin White Sauce.



You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## **TOMATO SAUCE**

$\frac{1}{2}$  quart can tomatoes.

$\frac{1}{2}$  a small onion.

1 spring parsley.

Salt and pepper.

1 bay leaf.

2 tablespoonfuls butter.

2 tablespoonfuls flour.

Put together in a saucepan the tomatoes, onion, parsley and bay leaf; cook gently for twenty minutes, then rub through a sieve. Press all the pulp possible through the sieve and scrape off all that clings to the under side. Melt the butter in another pan, add the flour, and when these are smooth add the strained tomato slowly, stirring constantly to prevent the sauce being lumpy. Cook five minutes after the sauce boils; add seasoning, and serve.

## **DRAWN BUTTER SAUCE**

$\frac{1}{4}$  cupful butter or butter substitute.

3 tablespoonfuls flour.

$1\frac{1}{2}$  cupfuls hot water.

$\frac{1}{2}$  teaspoonful salt.

$\frac{1}{8}$  teaspoonful pepper.

Melt half the butter, add the flour and seasonings and stir until blended. Pour on gradually the hot water and boil 5 minutes. Add the remaining butter in small pieces.

## **EGG SAUCE**

To drawn Butter Sauce add 2 hard cooked eggs cut in slices and 1 teaspoonful lemon juice.

## **BECHAMEL SAUCE**

2 tablespoonfuls butter.

2 tablespoonfuls flour.

1 cupful stock.

$\frac{1}{2}$  cupful cream.

Seasoning to taste—Make as thin white sauce

### CHEESE SAUCE

To the recipe for thin White Sauce add  $\frac{1}{3}$  cupful grated cheese and  $\frac{1}{4}$  teaspoonful mustard. Melt the cheese in the sauce after it begins to thicken. The mustard should be added with the flour, salt and pepper.

### HOLLANDAISE SAUCE

$\frac{1}{4}$  cupful butter or butter substitute.

2 egg yolks.

1 tablespoonful lemon juice.

$\frac{1}{4}$  teaspoonful salt.

Few grains cayenne.

$\frac{1}{3}$  cupful boiling water.

Put butter in a bowl and wash with cold water, using a spoon. Divide in 3 pieces. Put one piece in a saucepan with the egg yolks and lemon juice, place over boiling water and stir constantly until butter is melted, add the second piece of butter, and as the sauce thickens add the third piece. Add the water, cook one minute and season with salt and cayenne.

### MINT SAUCE

$\frac{1}{2}$  cupful fresh mint leaves.

2 tablespoonfuls sugar.

$\frac{2}{3}$  cupful vinegar.

Wash the mint well before stripping the leaves from the stalks, dry thoroughly and chop finely. Add the vinegar and sugar and let the sauce stand till the sugar is dissolved. Serve with roast lamb.

## CHAPTER XIII

### ENTRÉES

#### FRITTER BATTER

- 1  $\frac{1}{3}$  cupfuls flour.
- 2 teaspoonfuls baking powder.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{2}{3}$  cupful milk.
- 1 egg.

Mix and sift dry ingredients, add milk gradually, and egg well beaten.

Oranges, bananas, prunes, apples, and clams or oysters may be used with this batter.

Fruit—Cut fruit in small pieces, roll in powdered sugar, mix with the batter before sugar has time to dissolve. Fry in deep fat. Roll in powdered sugar just before serving. Serve hot.

*For Clams or Oysters*—Use 1 tablespoonful of lemon juice or vinegar and use liquor of clams or oysters instead of water in the batter.

*Tests for Frying Temperature*—To prevent absorption of fat by foods when fried, the fat must be hot enough to form a crust over the food as soon as put in. The fat is never hot enough until it ceases to bubble. Then test by dropping in an inch cube of bread cut from the middle of a slice.

For *cooked mixtures*, like croquettes or fish and oysters, the bread should turn a golden brown in 40 seconds.

For *uncooked mixtures*, like fritters and doughnuts, the bread should turn a golden brown in 60 seconds.

*Cautions in Frying*—1. Do not let fat get so hot as to smoke badly.

2. Do not fry too large a quantity at one time, for it lowers the temperature of the fat.

3. Drain all fried foods on soft paper to absorb the fat.

4. Use egg and crumbs to cover mixtures that are likely to absorb too much fat.



**MEAT CROQUETTES**

- 2 cupfuls chopped, cooked meat.
- $\frac{1}{8}$  teaspoonful pepper.
- A few drops onion juice.
- $\frac{1}{4}$  cupful thick white sauce made of white soup stock or milk.
- $\frac{1}{2}$  teaspoonful salt.
- A few grains cayenne.
- Yolk of 1 egg.

Mix ingredients in order given, cool, shape in cones. Dip into fine cracker crumbs, into egg, roll again in crumbs, and fry in deep fat. For dipping croquettes beat egg slightly and add 1 tablespoonful cold water.

**RICE CROQUETTES**

- $\frac{1}{2}$  cupful rice.
- 1 cupful scalded milk.
- Yolk of 1 egg.
- $\frac{1}{2}$  cupful boiling water.
- $\frac{1}{2}$  teaspoonful salt.
- 1 tablespoonful butter.

Wash the rice, add to water with salt, and steam until rice has absorbed water. Then add the milk, stir lightly with a fork, cover and steam until rice is soft. Remove from the fire. Add the egg and butter. Spread on a plate to cool. Shape, roll in crumbs, roll in the form of nests, dip into egg, then into crumbs, fry in deep fat, and drain. Put a cube of jelly in the hollow of each croquette, or omit the jelly and serve with tomato sauce.

**WELSH RAREBIT**

- 1 tablespoonful of butter.
- 1 teaspoonful of cornstarch.
- $\frac{1}{2}$  cupful of milk.
- $\frac{1}{2}$  pound of cheese, cut into small pieces.
- $\frac{1}{4}$  teaspoonful each of salt and mustard.
- A speck of cayenne pepper.

Cook the cornstarch and the butter in a double boiler until smooth; then add the milk gradually and cook 10 minutes; add the cheese and stir until it is melted. Season and serve on crackers or bread toasted on one side, the rare-bit being poured over the untoasted side.

### CHEESE FONDUE

Mix the following ingredients: 1 cupful milk, 1 well beaten egg, 1 cupful soft bread crumbs,  $\frac{1}{2}$  cupful chopped cheese,  $\frac{1}{2}$  teaspoonful salt and  $\frac{1}{4}$  teaspoonful cayenne. Pour into a greased baking dish and bake in the oven until firm like a custard.

### CHEESE SOUFFLÉ

- 2 tablespoonfuls butter.
- 3 tablespoonfuls flour.
- $\frac{1}{2}$  cupful milk (scalded).
- $\frac{1}{2}$  teaspoonful salt.
- A speck of cayenne.
- $\frac{1}{4}$  cupful grated cheese.
- 3 eggs.

Melt the butter; add the flour and, when well mixed, add gradually the scalded milk. Then add salt, cayenne, and cheese. Remove from the fire and add the yolks of the eggs, beaten until lemon colored. Cool the mixture and fold into it the whites of the eggs, beaten until stiff. Pour into a buttered baking dish and cook 20 minutes in a slow oven. Serve at once.

### BOSTON LOAF

Mix 2 cupfuls cooked beans (mashed or ground fine), 2 cupfuls chopped nut-meats (1 cupful of corn may be substituted for 1 cupful nuts), 1 cupful bread crumbs, 1 or 2 eggs slightly beaten. Season with onion, salt, pepper and celery salt. Moisten with about 1 cupful liquid (tomato or meat broth gravy or water). Pack into a greased tin and bake about thirty-five minutes, or until stiff enough to slice. Serve hot or cold with tomato sauce.



You will find the above article to be all  
that is claimed for it.

*Laura A. Hunt.*

## CHAPTER XIV

### FRUITS\*

In general, it may be said that fruits are wholesome, palatable and attractive additions to our diet, and may be readily made to furnish a considerable part of the nutrients and energy required in the daily fare. Fresh fruits are dilute foods, and closely resemble green vegetables in total nutritive value, but dried fruits and many preserves, etc., are much more concentrated, comparing favorably with some of the cereals and other dry vegetable foods in the amount of total nutrients and energy which they supply per pound. The characteristic constituents of fruits are carbohydrates, and so they are naturally and properly used in a well-balanced diet to supplement foods richer in protein, as cereal grains, legumes, nuts, eggs, dairy products, meats and fish. Fruits contain considerable mineral matter, and as they are dilute foods they may be added to the diet to supply iron and other mineral constituents without unduly increasing the supply of protein and energy. Since they are bulky and often contain fairly large proportions of indigestible material, fruits stimulate what might otherwise be a sluggish intestine. Intelligently used, fruits are a valuable part of a well-balanced diet, and may well be eaten in larger quantities than at present.

### WAYS OF SERVING FRUIT

In regard to the ways for serving, fruits range from the muskmelon and watermelon, almost never cooked, to cranberries and the ordinary variety of quince, which are not eaten raw. The methods of preparation are quite varied, including drying or evaporating, and baking, boiling and stewing, while quantities of fruit are used in puddings, pies, and

\*Extract from Farmers' Bulletin No. 293, "Use of Fruit as Food."

other dishes, and for the preparation of jams, jellies, and preserves. Fruit juices are used for beverages, and both fruits and the juices are very commonly prepared for the table by freezing, fruit ices being considered as among the most appetizing desserts. Some fruits, notably the green and the ripe olive and less generally the lime, are prepared for the table by pickling in brine.

Even a casual examination of cookery books and the periodical literature devoted to such topics shows that the ways in which fruits and fruit products can be cooked and served are practically endless.

The temperature fresh fruits are eaten is largely a matter of fashion or individual taste. With the increased use of ice in our homes during recent years it has become a very common custom to serve fruit colder than was formerly the case. Cool or even cold fruits are very refreshing, and many prefer them served thus. There are others, however, who maintain that overchilling lessens the delicate flavor and accentuates the acid taste. They insist that the fruits gathered in the cool of the day and stored in a cool but not a cold place are at their best. Still others find them sweetest and most palatable when brought from the garden warmed by the sun.

### **RULES FOR PURCHASE AND CARE**

1. Buy fruit in season; it is cheaper and of better quality.
2. Choose fruit which is not bruised.
3. Oranges, lemons and grapefruit should be heavy and have thin skins.
4. Small fruits should be spread or their own weight will crush them.
5. Buy small fruits only for immediate use.
6. Wash all fruits before using. Rinse berries quickly and drain.
7. Soak dried fruits in cold water to restore the water lost in drying.
8. Cook over-ripe fruit to make it safe to use.

### TO PREPARE CANTALOUPE FOR SERVING

Cantaloupes should be very ripe and thoroughly chilled. Wipe melons, if small, cut in halves, fill cavity with crushed ice; if large, cut in sections. Remove all seeds and stringy portion. Serve with salt or powdered sugar.

### TO PREPARE GRAPEFRUIT FOR SERVING

Wipe grapefruit and cut in halves crosswise. With a sharp knife separate the pulp from the skin all around the edge, then separate the pulp from the tough portion which divides the fruit in sections. Remove the tough portion in one piece. Sprinkle the pulp with sugar and let stand a few minutes. Serve very cold.

### TO PREPARE ORANGE FOR SERVING

1. Wipe the orange, cut in halves crosswise. Serve on fruit plate with orange spoon.

2. Wipe orange, remove skin and white portion. Separate the orange in sections, arrange in a circle on fruit plate with a mound of sugar in the center.

### SAUCE FOR FRUIT COCKTAIL.

4 tablespoonfuls tomato catsup.

4 tablespoonfuls white grape juice.

1 tablespoonful lemon juice.

1 tablespoonful orange juice.

$\frac{1}{8}$  teaspoonful salt.

$\frac{1}{8}$  teaspoonful paprika or dash of cayenne.

$\frac{1}{8}$  teaspoonful sugar.

$\frac{1}{8}$  teaspoonful clove.

$\frac{1}{4}$  teaspoonful cinnamon.

### PEAR OR PEACH COCKTAIL

Peel fruit and cut in eighths; chill, and serve in cocktail glasses with sauce poured over it. If canned fruit is used, substitute an equal amount of the juice in the can for the white grape juice in the sauce recipe.



### MIXED FRUIT COCKTAIL

Remove pulp from grapefruit and mix with diced pineapple and sliced banana. Allow  $\frac{1}{2}$  cupful of mixture to each serving. Chill thoroughly, add cocktail sauce, also chilled, and serve in grapefruit skins or in glasses. (American Cookery.)

### BAKED APPLES

Wash and core apples of uniform size. Place in a baking pan, fill center of each apple with brown sugar. Add enough water to cover bottom of pan. Cinnamon may be sprinkled over the apples. Bake in a hot oven until soft.

### APPLE SAUCE

6 sour apples.

$\frac{1}{2}$  cupful sugar.

$\frac{1}{2}$  cupful water.

Slice of lemon.

Wash, quarter, core and pare the apples, cut in slices. Cook the water, sugar and lemon together five minutes. Add the apples. Cook until tender, remove lemon and serve cold. The sauce may be put through a strainer.

### APPLE PORCUPINE

Wash, core and pare eight large apples. Make a syrup by boiling together for five minutes 2 cupfuls sugar and 2 cupfuls water. Put the apples in the syrup and cook until soft. Use a deep saucepan for cooking so that the apples will be covered by the syrup. If on account of the size of the saucepan it is necessary to reserve some of the apples for a second cooking, place them in cold water to which a little vinegar is added to prevent their discoloring. Remove apples from syrup, cool, fill centers with orange marmalade or some preserved fruit, and stick the apples all over with blanched almonds cut in halves lengthwise. Pour the syrup around the apples and serve with or without whipped cream.

*To Blanch Almonds.*—Pour boiling water over the nuts and let stand two or three minutes. Drain, pour on cold water and rub off the skins. Dry in a paper towel.

DROMEDARY FRUITS

### BAKED PEARS

- 8 hard pears.
- $\frac{1}{3}$  cupful sugar.
- $\frac{1}{3}$  cupful water.
- 6 cloves.

Wash pears and put them in a covered earthen baking dish; add the sugar, water and cloves, cover and bake in a slow oven four hours. Serve cold.

### BAKED BANANAS

Remove skin from 6 bananas, cut in halves lengthwise. Place in a baking pan and pour over them a syrup made with 2 tablespoonfuls butter,  $\frac{1}{3}$  cupful sugar or syrup, 2 tablespoonfuls lemon juice. Bake twenty minutes in a slow oven.

### BAKED RHUBARB

- 4 cupfuls rhubarb.
- $1\frac{1}{4}$  cupfuls sugar.

Wash rhubarb and cut, unpeeled, into inch pieces. Arrange a layer in a covered casserole or baking dish, sprinkle with sugar, arrange the rest of the rhubarb and sugar in alternate layers, cover, and bake two hours. Serve hot or cold.

### STEWED PRUNES

- 1 pound prunes.
- 1 quart cold water.
- $\frac{1}{3}$  cupful sugar.
- 1 slice lemon.

Wash prunes and soak in cold water several hours. Cook slowly in the water in which they were soaked until skins are tender. When nearly cooked add the sugar and lemon. Apricots are cooked in the same way, omitting the lemon.

### CRANBERRY JELLY

Pick over and wash 1 quart cranberries. Add 1 cupful boiling water and boil twenty minutes. Rub through a sieve. Add 2 cupfuls sugar and cook five minutes. Turn into moulds to cool and become firm.

### BANANAS AND DATES

6 bananas.

18 dates.

3 tablespoonfuls powdered sugar.

$\frac{1}{4}$  cupful nutmeats.

Peel, scrape and slice the bananas. Wash, dry, stone and cut the dates in small pieces. Add them to the bananas, sprinkle with sugar and nutmeats, and serve with whipped cream.

### STUFFED DATES WITH WHIPPED CREAM

1 package Dromedary dates.

Nutmeats.

1 cupful water.

1 cupful sugar.

1 tablespoonful lemon juice.

Wash and stone the dates, fill the cavities with slices of walnuts or pecan nutmeats. Press into the original shape. Cook the dates in 1 cupful boiling water until tender; five minutes before removing from the fire add the sugar and lemon juice. Fill the center of individual dessert glasses with whipped cream, arrange six or eight dates in a circle around the cream.

### CANDIED ORANGE OR GRAPEFRUIT PEEL

Cut the fruit peel in quarters and soak for twenty-four hours in cold water and salt, allowing 1 teaspoonful of salt to 1 quart of water. Remove from the water, rinse, and with the scissors cut the peel into thin strips. Cover with cold water, heat to the boiling point, and cook one hour, or until tender. Drain, weigh the fruit peel and add an equal weight of sugar. Cook very slowly, stirring occasionally until almost all of the sugar is absorbed. Spread on a platter and let dry for eight hours. Roll in powdered or granulated sugar.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XV

## SALADS

Salads are classified into two groups—*i.e.*, the raw, such as lettuce, endive, radishes, cucumber, celery, etc., and the cooked, such as those made from cooked vegetables, eggs, cooked cold fish, poultry and meat. Any cold boiled vegetables left over from dinner are useful as giving variety to salads, and help to make a good accompaniment to cold meat served at luncheon. Thinly sliced cold potatoes, green peas and string beans are especially good for this purpose, and even Brussels sprouts, carrots and turnips may be used on occasion in small quantities. More substantial salads, prepared with cold meat or fish, form appetizing luncheon dishes. Those made with chicken, lobster and salmon respectively are most widely known, but cold ham or beef or lamb make very good salads, and even the humble herring and dried and salted fish may be used to advantage in this way.

There are four essentials to a good salad: everything that goes into it must be ice cold, the green vegetable used must be perfectly clean and crisp, the ingredients of the dressing must be properly proportioned and thoroughly blended, and the salad materials should be well mixed just before the dish is served. If these rules are followed a simple head of lettuce with a plain French dressing is a perfect dish.

For nearly every salad lettuce is used as a base, although other green plants, such as romaine, chicory and endive, may be used. If a whole head of any green is not required at once, it may be kept fresh for several days. As soon as it comes from the market sprinkle it and put it away tightly covered in the refrigerator. A good receptacle to keep for greens is a five-pound lard pail with a tight lid. When the lettuce is required for use, clip off with shears the ragged,



withered ends of the outside leaves, for often the portion nearest the stem is good enough to put into the salad. Separate the rest of the leaves, wash thoroughly, and leave them for fifteen minutes to crisp in ice-cold water, or put in a cheese cloth bag in the refrigerator at least one hour before serving.

## DRESSINGS FOR SALADS

### FRENCH DRESSING

- 1 tablespoonful vinegar.
- 4 tablespoonfuls olive oil.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{8}$  teaspoonful pepper.

Put the salt and pepper in the salad bowl, or in a small bowl if the sauce is to be served separately. Add a little oil and stir well, then gradually add the remainder of the oil, stirring all the while. Last of all stir in the vinegar, which should be diluted with water if very strong.

This sauce may be modified to suit different vegetables. As it is given, it is right for lettuce, chicory, cooked asparagus, cauliflower, artichoke, etc. Cream may be substituted for the oil, but the salad is not so rich.

### CREAM SALAD DRESSING

- 1 cupful cream (sweet or sour).
- $\frac{1}{2}$  cupful tomato catsup.
- 2 tablespoonfuls olive oil.
- 2 tablespoonfuls vinegar.
- 2 tablespoonfuls sugar.
- 1 teaspoonful salt.

Mix the oil, salt, sugar and vinegar together, then beat in the catsup and finally add the cream, beating it in gradually. This dressing is very good for vegetables or for fish salads.

### COOKED SALAD DRESSING NO. 1. (1 quart)

- $\frac{1}{4}$  cupful flour.
- $1\frac{1}{2}$  teaspoonfuls mustard.
- 1 tablespoonful salt.

1 tablespoonful onion juice.

$\frac{1}{4}$  cupful sugar.

2 tablespoonfuls butter substitute or oil.

2 eggs.

2 cupfuls milk.

$1\frac{1}{2}$  cupfuls mild vinegar.

Mix together the flour, mustard, salt, sugar, onion juice, butter, and eggs, slightly beaten, in a double boiler. Add the milk slowly and cook over hot water ten minutes, stirring all the time. Add the vinegar slowly and cook three minutes longer. Cool and keep in a cold place in closely covered jars.

## COOKED SALAD DRESSING No. 2

$\frac{1}{4}$  cupful sugar.

1 teaspoonful salt.

1 teaspoonful mustard.

Few grains cayenne.

2 tablespoonfuls flour.

2 tablespoonfuls butter substitute.

1 egg.

Cream (sweet or sour).

$\frac{3}{4}$  cupful vinegar.

Mix the sugar, salt, mustard, cayenne, add the vinegar and heat to the boiling point. Cream the butter substitute and flour together, pour the boiling vinegar over them and cook until thick. Pour the mixture while hot over the egg well beaten. Cool and thin with cream.

## MAYONNAISE

1 egg yolk.

1 teaspoonful powdered sugar.

$\frac{1}{2}$  teaspoonful salt.

$\frac{1}{4}$  teaspoonful mustard.

Few grains cayenne.

$1\frac{1}{2}$  tablespoonfuls lemon juice.

$1\frac{1}{2}$  tablespoonfuls vinegar.

$1\frac{1}{2}$  cupfuls olive oil.

Have all the ingredients cold. Mix the dry ingredients, add the egg yolk, and beat until well mixed. Add the vinegar and lemon juice slowly. Beat with the Dover egg-beater and add the oil a teaspoonful at a time. When the dressing begins to thicken the oil may be added more rapidly. Should the dressing separate, it may be restored to a smooth consistency by starting again with one egg yolk and adding the mayonnaise slowly to it.

Mayonnaise may be made by using 3 tablespoonfuls lemon juice in place of vinegar and lemon juice; this gives a much lighter color. Any olive oil substitute may be used in making this dressing.

Add mayonnaise just before serving the salad, as it soon becomes liquid after being added to meat or fish. Whipped cream may be added to mayonnaise.

## SALADS

### BAKED BEAN SALAD

- 2 cupfuls cold baked beans.
- 1 cupful potato cubes.
- $\frac{1}{2}$  cupful chopped cooked beets.
- 1 cupful cooked dressing.
- 2 tablespoonfuls catsup.
- 2 tablespoonfuls chopped pickle.

Mix the beans, potato and beets. Add the catsup and pickle to the dressing. Mix with the vegetables; serve on lettuce garnished with slices of hard-cooked egg.

### BEET AND CABBAGE SALAD

- $\frac{1}{2}$  head raw cabbage.
- 6 cold beets (cooked).
- Pepper.
- Salt.

Shred the cabbage finely, soak for half an hour in iced water, drain thoroughly. Mix with the beets, cut into small cubes. Sprinkle with salt, pepper and minced onion. Serve with French dressing or cooked dressing.

### CUCUMBER AND TOMATO SALAD IN CUCUMBERS

Cut large cucumbers in halves, lengthwise; scoop out the centers in good-sized bits; mix with equal parts of peeled tomatoes cut into small bits, and refill the cucumber shells. Place on lettuce leaves and cover with French dressing.

### DUTCH POTATO SALAD

6 boiled potatoes.

$\frac{1}{2}$  onion (finely chopped).

1 teaspoonful salt.

$\frac{1}{4}$  teaspoonful pepper.

$\frac{1}{4}$  teaspoonful celery seed.

$\frac{1}{4}$  teaspoonful white mustard seed.

$\frac{1}{4}$  cupful bacon fat.

$\frac{1}{2}$  cupful hot vinegar.

Cut potatoes into half-inch cubes. Add onion, salt, pepper, celery, and mustard seed. Heat bacon fat, add vinegar and pour over the potatoes. Let stand until cold, and serve on any crisp salad greens. Garnish with pickled beets.

### HARLEQUIN SALAD

2 cupfuls cabbage (cut fine).

1 cupful peas.

$\frac{1}{2}$  cupful beets (cut in cubes).

1 diced onion.

$\frac{1}{2}$  cupful diced carrot.

Salt and pepper to season highly.

Have the peas, beet and carrot cooked till tender. Shred the cabbage and cut the onion into very small dice; mix all the vegetables. Pour a French dressing over the salad an hour before serving, and pass either a mayonnaise or boiled dressing or a further supply of French dressing with it at table.

### PLAIN POTATO SALAD

Wash the potatoes and boil in the skins until soft. Drain, cool, remove skins, and dice into half-inch cubes. Season with salt, pepper, and a few drops of onion juice if desired.

Pour over all a French dressing made by mixing in the order named,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{8}$  teaspoonful cayenne, 1 tablespoonful vinegar or lemon juice, 1 tablespoonful olive oil. Heap in a mound in a salad dish, and garnish with lettuce and hard-cooked eggs.

### COMBINATION VEGETABLE SALAD

For variety, add to the potatoes varying proportions of diced cold cooked vegetables, such as beets, carrots or beans. Fresh celery or cucumbers cut in small pieces also make pleasant additions to potato salad. Other dressings may be used if desired.

### TOMATO AND LIMA BEAN SALAD

6 tomatoes.

$1\frac{1}{2}$  cupfuls cooked Lima beans.

1 tablespoonful parsley.

Salt and pepper to taste.

1 very small onion (grated).

$\frac{1}{2}$  cupful nuts (finely chopped).

2 tablespoonfuls minced celery or a little celery salt.

Cut a slice from the top of each tomato and with a teaspoon remove the pulp. To the beans (if very large, cut in halves) add the onion, parsley, nuts, celery and seasoning. Mix a little dressing with these ingredients and fill the tomatoes with the mixture. Pour more dressing over the top or serve it separately. Any dressing desired may be served. The tomatoes may be peeled and cut in thick slices, and the other ingredients piled on them if preferred.

### STUFFED TOMATO SALAD

6 ripe tomatoes.

1 cupful cooked dressing.

2 cucumbers.

Lettuce.

Salt.

Pepper.

Scald the tomatoes and remove the skins. Cut a slice from the top of each, and with a small spoon remove the seeds. Peel the cucumbers and cut them into dice; season highly and mix with half the dressing. Fill the tomato cups with the mixture and put a spoonful of dressing on top. Serve on a bed of lettuce leaves.

### **CELERY, APPLE AND NUT SALAD**

Clean the celery and lettuce and set it to crisp in a wet napkin on the ice. When ready to serve, cut the celery in thin, crescent-shaped pieces. Cut the apples in eighths, remove core, skin and slice crosswise, in thin pieces; then cut the pecans or walnuts in small pieces. Take equal parts of celery and apple and one-fourth part nuts. Mix with mayonnaise. Arrange in a dish with lettuce around the edge, cover with mayonnaise, and garnish with thin rings or crescents of red-skinned apples and celery tips, or serve in red apple cups.

### **FRUIT AND NUT SALAD**

1 large pineapple.

$\frac{1}{2}$  cupful shelled almonds.

$\frac{1}{2}$  cupful shelled walnuts.

1 dozen maraschino cherries.

Lettuce.

Cream or mayonnaise dressing.

Remove the rind and the eyes from the pineapple and cut the flesh into small pieces, rejecting the hard core. Blanch the almonds by pouring boiling water over them and allowing them to stand a few minutes, when the skins can be easily removed. Chop nuts finely and add to the pineapple. Pile in little heaps on lettuce leaves, cover with the dressing and decorate with cherries.

### **BANANA AND PEANUT SALAD**

Peel and scrape bananas, cut in halves lengthwise, then cut crosswise in three pieces. Roll in finely chopped peanuts and serve on lettuce with French or cooked salad dressing.



### **PINEAPPLE, CHEESE AND DATE SALAD**

For each serving allow two lettuce leaves, one slice of canned Hawaiian pineapple and three dates stoned and stuffed with cream cheese. Cut the slice of pineapple in triangular-shaped sections. Arrange these on the lettuce; on this place the dates stuffed and cut in halves. Serve with French dressing.

### **PINEAPPLE AND COTTAGE CHEESE SALAD**

Arrange slices of pineapple on crisp lettuce; in the center of each slice place a ball of cottage, cream or neufchatel cheese rolled in chopped nuts. Serve with French or cooked dressing.

### **CHICKEN SALAD**

2 cupfuls cold cooked chicken.

2 cupfuls celery (cut fine).

1 hard-cooked egg.

Lettuce.

Dressing.

Cut chicken in small pieces and mix with celery and salad dressing. Arrange on lettuce and garnish with slices of hard-cooked egg.

### **VEAL AND EGG SALAD**

2 cupfuls cooked veal.

1 cupful celery and cabbage (cut fine).

4 hard-cooked eggs.

$\frac{1}{2}$  teaspoonful salt.

Few grains pepper.

1 teaspoonful grated horseradish.

Chop the eggs and mix half of them with the veal cut in small pieces. Add the celery and seasonings. Mix with salad dressing, arrange on lettuce, and garnish with dressing and the rest of the chopped egg. Use mayonnaise or cooked salad dressing.

### LOBSTER SALAD

3 cupfuls cold boiled lobster (cut in pieces).

1 cupful celery (cut in pieces).

Mix the lobster and celery, moisten with mayonnaise. Chill, arrange on lettuce, and garnish with mayonnaise and parsley.

### SALMON AND GREEN PEA SALAD

2 cupfuls fresh or canned salmon.

1 cupful cooked green peas.

$\frac{1}{2}$  cupful shredded cabbage or celery.

Flake the fish with a fork, add the peas and cabbage, moisten with cooked dressing, let stand fifteen minutes. Serve on lettuce garnished with peas.

### TUNA FISH SALAD

2 cupfuls flaked tuna fish.

1 cupful celery (cut fine).

$\frac{1}{4}$  cupful stuffed olives.

Open the can of fish and remove contents to a bowl one hour before serving. This improves the flavor of the fish. Mix with celery, moisten with cooked salad dressing. Arrange on lettuce and garnish with the sliced olives.

### TOMATO JELLY WITH CELERY SALAD

2 cupfuls tomatoes.

1 slice onion.

1 teaspoonful salt.

$\frac{1}{8}$  teaspoonful pepper.

4 peppercorns.

A bit of bay leaf.

2 tablespoonfuls granulated gelatin.

$\frac{1}{4}$  cupful cold water.

Cook the tomatoes with the onion and seasonings twenty minutes, then strain; add the gelatin, which has been soaked in cold water, and stir until dissolved. Strain, pour into a border mold which has been previously dipped in cold water. Chill, remove from mold, and serve with a garnish of white lettuce and mayonnaise, and fill the center with celery cut fine and mixed with mayonnaise.

## CHAPTER XVI

### SANDWICHES AND CANAPÈS

The best sandwiches are made from bread which is fine grained and one day old. Cream the butter and spread the bread before cutting from the loaf. Cut slices as thinly as possible and remove crusts. Spread half the slices with mixture to be used for filling, cover with remaining slices and cut in squares or triangles, or shape with a cookie cutter.

#### CHICKEN AND CELERY SANDWICHES

- 1 cupful cold chicken.
- 1 cupful celery.
- 4 tablespoonfuls mayonnaise.

Put chicken through the finest knife of a meat chopper, add celery cut fine and mayonnaise. Butter white bread and spread with the chicken mixture.

#### HAM AND CHICKEN SANDWICHES

Use  $\frac{1}{2}$  cupful fine-chopped, cooked ham to 1 cupful fine-chopped chicken; mix the meat with salad dressing and spread on the prepared bread.

#### TONGUE SANDWICHES

Make a dressing of 1 tablespoonful prepared mustard and 6 tablespoonfuls butter, add salt, pepper or cayenne. Butter the bread with this mixture and lay between thin slices of cold tongue.

#### CLUB SANDWICH

Toast a slice of bread and butter it. On one half put, first, a thin slice of hot bacon which has been broiled till dry and tender, next a slice of the white meat of either turkey or chicken. Over one half of this place a circle cut from a ripe peeled tomato and over the other half a tender leaf of lettuce. Cover with a generous layer of mayonnaise, and complete the sandwich with the remaining piece of toast.

### CRAB SANDWICH

- 1 hard-boiled egg.
- ½ can deviled crab.
- 1 tablespoonful softened butter.
- 1 tablespoonful lemon juice.

Moisten the sifted yolk of egg with butter, add chopped crab, and lemon juice mixed to a paste. Spread it between thin slices of buttered bread, put two together, press with a bread knife, and cut into fingers, triangles or small squares.

### SALMON SANDWICHES

- 1 can salmon.
- 2 tablespoonfuls chopped pickle.
- 3 hard-cooked eggs or yolks 6 hard-cooked eggs.
- ½ cupful salad dressing.

Drain oil from salmon, remove the skin and bones, and mash fish fine. Separate egg yolks and whites, put whites through food chopper, and mash yolks with fork. Add eggs to salmon, add pickles finely chopped and salad dressing. Add more salt if needed. Spread between slices of white or entire-wheat bread.

### EGG AND OLIVE SANDWICHES

- 5 hard-cooked eggs.
- Stuffed olives.
- ¼ cupful salad dressing.
- Lettuce.

Separate egg yolks and whites, put whites through food chopper. Mash yolks with fork and add salad dressing until creamy. Add egg whites.

Spread thin slices of bread lightly with butter. On one slice place a lettuce leaf, cover with egg mixture, and garnish the top with thin slices of stuffed olive. Cover with another slice of bread, and cut in fancy shapes.

### TOASTED CHEESE SANDWICHES

Cut bread thin and toast until brown on one side only. Spread the toasted side with a mixture of cream cheese, seasoned with salt and paprika and worked to a paste with cream. Press two slices together, cut in any desired shape and size. Toast the outside. These are delicious with salad.

### CHEESE AND OLIVE SANDWICHES

Work a cream cheese until smooth and creamy, add half the measure of olives finely chopped; moisten with mayonnaise dressing. The mixture may be slightly moistened with cream and seasoned with salt and cayenne. Spread between crackers or slices of bread.

### CHEESE AND NUT SANDWICHES

Cream one-fourth cupful of butter; gradually work into it two ounces, or half a cupful, of grated cheese, half a teaspoonful of paprika, and one-fourth a cupful of pecan nutmeats cut in thin slices. Use to spread any variety of bread shaped for sandwiches.

### BOSTON SANDWICHES

Slice Boston brown bread thin, butter lightly, and spread with seasoned Neufchatel or cottage cheese. Dip crisp lettuce leaves in French dressing, then lay on the brown bread. Press another slice of buttered brown bread on top, and serve immediately.

### PEANUT SANDWICHES

Skin freshly roasted peanuts and put through a meat chopper. Add salt, and mix the crushed nuts with fresh cream cheese. Spread the paste between slices of unbuttered Graham bread.

### CUCUMBER SANDWICHES

Chop 2 cucumbers fine, drain off the liquor, add a little onion juice, a dash of red pepper, and mix with well-seasoned mayonnaise. Spread between white bread.

### DATE SANDWICHES

2 cupfuls stoned dates.

2 tablespoonfuls peanut butter.

1 cream cheese.

Grind dates fine, mix with peanut butter and cream cheese; add salt to suit; spread on thin slices of brown or graham bread. Do not use butter.

### CURRENT JELLY AND WALNUT SANDWICHES

Spread bread very lightly with butter, then with jelly. Have walnut meats chopped finely and sprinkle these over the jelly. Cover with buttered bread and cut into fancy shapes.

### FIG AND WALNUT SANDWICHES

Chop figs and walnuts together very finely, moisten with a little lemon juice, and spread between oblong slices of bread. This is a very dainty sandwich.

### MARMALADE AND WALNUT SANDWICHES

To  $\frac{1}{2}$  cupful orange marmalade add  $\frac{1}{4}$  cupful chopped nuts. Spread slices of graham bread with the mixture, cover with slices of buttered graham bread, and cut in triangles.

### CANAPÉS

Canapés are served hot or cold in place of oysters as the first course of a dinner or luncheon. They are made by toasting circular or oblong pieces of bread and spreading with a paste of egg, cheese, fish or meat.

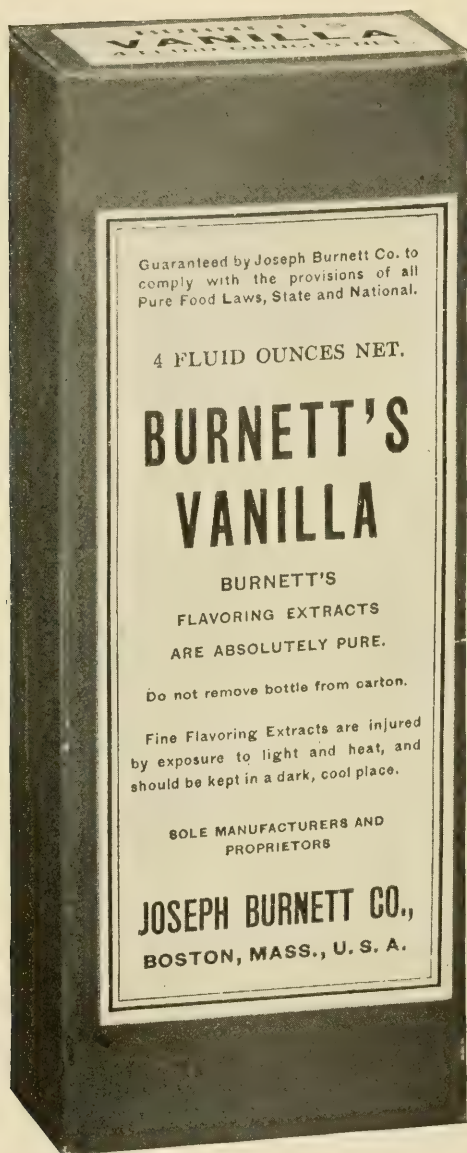


**SARDINE CANAPÉS**

Spread circular pieces of toasted bread with sardines (from which bones have been removed) rubbed to a paste, with a small quantity of creamed butter and seasoned with Worcestershire sauce and a few grains cayenne. Place in the centre of each a stuffed olive, made by removing stone and filling cavity with sardine mixture. Around each arrange a border of the finely chopped whites of "hard-boiled" eggs.—*Fannie M. Farmer.*

**LOBSTER CANAPÉS**

Chop 1 small onion, fry in 1 teaspoonful butter, add 1 tablespoonful cress chopped fine,  $\frac{1}{2}$  pint cream. Stir, season with salt and pepper, a pinch of curry powder. Add 1 pint lobster minced. Spread on rounds of buttered toast. Sprinkle with cayenne. Brown in a very hot oven.—*Anna Kinsley.*



You will find the above article to be all that is claimed for it by the manufacturer.

*Miss Laura A. Hunt.*

## CHAPTER XVII

### HOT PUDDINGS

#### RICE PUDDING

- 1 quart milk.
- $\frac{1}{3}$  cupful rice.
- $\frac{1}{3}$  cupful sugar.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{8}$  teaspoonful ground nutmeg or cinnamon.
- $\frac{1}{2}$  cupful raisins or chopped dates.

Wash the rice, mix all ingredients together, and bake three hours in a very slow oven, stirring occasionally at first. This may be made on top of the stove in a double boiler or in a fireless cooker.

#### CHOCOLATE RICE PUDDING

- $2\frac{1}{2}$  cupfuls milk.
- $\frac{1}{4}$  cupful rice.
- $\frac{1}{3}$  teaspoonful salt.
- 1 tablespoonful oleomargarine.
- $\frac{1}{2}$  cupful sugar.
- $1\frac{1}{2}$  squares chocolate.
- $\frac{1}{2}$  teaspoonful vanilla.
- $\frac{1}{2}$  cupful raisins.
- 1 egg white.

Scald milk, add rice and salt, and cook in double boiler until rice is tender. Add oleomargarine, sugar, chocolate, vanilla and raisins. Fold in the white of the egg beaten stiff. Pour into a buttered baking dish and bake fifteen minutes. Serve with sugar and whole milk.

### CORNMEAL FRUIT PUDDING

- ½ cupful cornmeal.
- 2 cupfuls milk.
- ½ cupful molasses.
- ½ cupful chopped raisins.
- 1 teaspoonful salt.
- 1 egg.

Add cornmeal to 1½ cupfuls scalded milk. Add molasses, fruit and salt. When cool, add the egg well beaten. Pour into a greased pudding dish and bake in moderate oven three hours. When two-thirds cooked, add the remainder of the milk without stirring. Finely sliced or chopped sweet apples, dates or figs may be substituted for the raisins.

### BREAD PUDDING

- 2 cupfuls stale bread crumbs.
- 4 cupfuls scalded milk.
- ½ cupful sugar.
- 2 tablespoonfuls butter substitute.
- 2 eggs.
- ½ teaspoonful salt.
- 1 teaspoonful vanilla or
- ¼ teaspoonful spice.

Soak the bread crumbs in the milk until crumbs are soft. Beat the eggs slightly, add the sugar, salt and melted fat. Add the egg mixture to the bread and milk, add flavoring and pour into a buttered baking dish. Bake one hour in a moderate oven. Raisins or dates may be added to the pudding. Serve with vanilla sauce, whipped cream or with fresh or canned fruit.

### CHOCOLATE BREAD PUDDING

- 3 cupfuls milk.
- 2 cupfuls stale bread.
- ¾ cupful sugar.

- 2 squares chocolate.
- $\frac{1}{4}$  teaspoonful salt.
- 2 eggs.
- 1 teaspoonful vanilla.

Pour scalded milk over bread, add the sugar, melted chocolate, salt and beaten yolks of eggs. Beat the whites and fold in last, flavor with vanilla. Bake in moderate oven three-quarters of an hour.

#### GRAPE NUT PUDDING

- 1 cupful grapenuts.
- $3\frac{1}{2}$  cupfuls scalded milk.
- 2 eggs.
- $\frac{1}{2}$  cupful sugar.
- $\frac{1}{2}$  teaspoonful salt.
- 1 cupful seedless raisins.

Scald the milk and pour over the grapenuts. Let stand until milk is cool. Beat the eggs slightly, add the sugar and salt. Add the egg mixture to the grapenuts and milk. Add the raisins and pour into a buttered baking dish. Bake one hour in a moderate oven. Serve with lemon sauce.

#### PINEAPPLE TAPIOCA SOUFFLÉ

- 2 cupfuls canned pineapple.
- 1 cupful hot water.
- $\frac{1}{4}$  cupful minute tapioca.
- $\frac{1}{2}$  teaspoonful salt.
- 2 egg whites.
- 1 tablespoonful lemon juice.
- $\frac{1}{2}$  cupful sugar.

Put the tapioca, water and pineapple in the top of the double boiler and cook over hot water until the tapioca is transparent. Add the sugar, salt and lemon juice and cook three minutes. Beat the egg whites very stiff. Remove the pudding from the fire and fold in the egg whites. Serve hot with cream.

### APPLE BROWN BETTY

- 5 medium-sized apples.
- 1¼ cupfuls bread crumbs.
- 5 tablespoonfuls corn syrup (dark).
- ½ teaspoonful cinnamon.
- ½ teaspoonful salt.
- 1½ tablespoonfuls lemon juice.
- 4 tablespoonfuls oleomargarine.
- ½ cupful hot water.

Mix together the hot water, lemon juice, syrup, salt, and spice. Moisten bread crumbs with part of this mixture. Into a greased baking dish put alternate layers of apples, pared, cored and sliced, and bread crumbs. Pour the rest of the liquid over the top and bake in a moderate oven until the apples are soft.

### COTTAGE PUDDING

- 2 tablespoonfuls butter substitute.
- 1 cupful sugar.
- 1 egg.
- 1 cupful milk or water.
- 2¼ cupfuls flour.
- 1 cupful raisins.
- 2½ teaspoonfuls baking powder.
- ½ teaspoonful salt.
- 1 teaspoonful vanilla extract.

Cream fat and sugar together, add egg, well beaten, and the milk and vanilla. Sift the flour, baking powder and salt, and add to first mixture, add the raisins. Mix well, turn into greased mold, and bake twenty-five minutes in moderate oven. Turn out and serve with sauce. This pudding may be steamed for one and a half hours.

### BLUEBERRY PUDDING

To the recipe for Cottage Pudding add 1 cupful blueberries. Serve with Lemon Sauce.





You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## STRAWBERRY SHORTCAKE

- 2½ cupfuls flour.
- 5 teaspoonfuls baking powder.
- ½ teaspoonful salt.
- 3 tablespoonfuls butter substitute.
- 1 cupful milk.
- 1 tablespoonful sugar.

Mix and sift the dry ingredients. Rub in the shortening with a fork, add the milk slowly. Turn on a floured board, divide in two parts, and pat out lightly and fit the dough into a pan, one piece on the other. Bake fifteen minutes in a hot oven. Split, spread each half with butter. Use 1 quart berries, 1 cupful sugar. Cut berries in halves and sprinkle with sugar. Cover half the crust with the berries, place the other half on top, cover with remaining berries, and pile with whipped cream. The dough may be baked in the form of biscuits and served as individual shortcakes.

## EVERYDAY PUDDING

- 2/3 cupful sour milk.
- ½ cupful molasses.
- ½ cupful chopped fruit (raisins).
- 1 cupful white flour.
- 1 cupful graham flour.
- ½ teaspoonful salt.
- ½ teaspoonful soda.

Sift together the flour, soda and salt. Add chopped raisins. Mix molasses and sour milk; add gradually to dry ingredients. Stir well. Turn into greased molds, filling them a little more than half full; cover and steam for about two and a half hours. Serve with pudding sauce or milk.

## EGGLESS STEAMED PUDDING

- 1 2/3 cupfuls flour.
- ½ teaspoonful soda.
- ¼ teaspoonful salt.

- $\frac{1}{4}$  teaspoonful cloves.
- $\frac{1}{4}$  teaspoonful allspice.
- $\frac{1}{4}$  teaspoonful nutmeg.
- $\frac{1}{2}$  teaspoonful cinnamon.
- 3 tablespoonfuls fat.
- $\frac{1}{2}$  cupful molasses.
- $\frac{1}{2}$  cupful milk.
- $\frac{1}{2}$  cupful raisins (seeded and cut in pieces).

Sift together the flour, soda, salt and spices; add the raisins. To milk, add molasses and melted fat; add liquid mixture gradually to dry ingredients. Stir thoroughly. Turn into greased molds, filling them a little over half full; cover and steam for about two and a half hours. Serve with pudding sauce or milk.

#### ST. JAMES PUDDING

- 3 tablespoonfuls butter substitute.
- $\frac{1}{2}$  cupful molasses.
- $\frac{1}{2}$  cupful milk.
- 1  $\frac{2}{3}$  cupfuls flour.
- 1 teaspoonful baking powder.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{4}$  teaspoonful clove.
- $\frac{1}{4}$  teaspoonful cinnamon.
- $\frac{1}{4}$  teaspoonful nutmeg.
- $\frac{1}{2}$  teaspoonful soda.
- 1 cupful dates, washed, stoned and cut in pieces.

Melt the fat, add the molasses and milk. Mix and sift the dry ingredients, add to the first mixture, then add the dates. Turn into a greased mold, cover and steam two and a half hours. One pound baking powder tins are useful for steaming puddings, and make the pudding an attractive shape for serving.

## GRAHAM PUDDING

$\frac{1}{4}$  cupful fat.

$\frac{1}{2}$  cupful corn syrup (dark).

$\frac{1}{2}$  cupful sour milk.

1 egg.

$1\frac{1}{2}$  cupfuls graham flour.

$\frac{1}{2}$  teaspoonful soda.

1 teaspoonful salt.

1 cupful raisins (seeded and cut in pieces).

Sift together the flour, soda and salt. Add raisins. Beat egg; add syrup, milk and melted fat; add liquid mixture gradually to dry ingredients. Stir thoroughly. Turn into greased molds, filling them a little over half full; cover and steam for about two and a half hours. Serve with pudding sauce or milk.

## STEAMED CRANBERRY PUDDING

$\frac{1}{2}$  cupful butter.

1 cupful sugar.

2 eggs.

$3\frac{1}{2}$  cupfuls flour.

$\frac{1}{2}$  teaspoonful salt.

4 teaspoonfuls baking powder.

$\frac{1}{2}$  cupful milk.

$1\frac{1}{2}$  cupfuls cranberries.

Cream the fat, add the sugar gradually, then the eggs well beaten. Mix and sift the flour, baking powder and salt, and add to first mixture alternately with the milk. Add the cranberries, turn into greased molds, cover and steam three hours. Serve with sweetened cream.

## STEAMED CHOCOLATE PUDDING

3 tablespoonfuls butter substitute.

$\frac{2}{3}$  cupful sugar.

1 egg.

1 cupful milk.

$\frac{2}{4}$  cupfuls flour.

5 teaspoonfuls baking powder.

2 squares chocolate.

$\frac{1}{4}$  teaspoonful salt.

Cream the fat, add the sugar gradually and the egg well beaten. Add the melted chocolate. Mix and sift the flour, baking powder and salt and add to first mixture alternately with the milk. Turn into a greased mold, cover and steam two hours.

### PLAIN PLUM PUDDING

$\frac{1}{2}$  cupful finely-chopped beef suet.

$\frac{1}{2}$  cupful sugar.

1 cupful seeded raisins.

$\frac{1}{2}$  cupful currants or seedless raisins.

2 cupfuls flour.

2 teaspoonfuls baking powder.

1 teaspoonful mixed spices.

$\frac{1}{2}$  teaspoonful salt.

$\frac{3}{4}$  cupful milk.

1 egg.

Clean the currants and add them to the seedless raisins and suet. Sift the flour with the spices, baking powder and salt, and add to the fruit with the sugar; moisten with the egg and milk, and turn into a greased pudding mold. Steam three hours, and serve with hard or lemon sauce.

CHAPTER XVIII

SAUCES FOR DESSERTS

**CREAM SAUCE**

1 cupful thick cream.

$\frac{1}{2}$  teaspoonful vanilla.

$\frac{1}{4}$  cupful powdered sugar.

Beat the cream until stiff, using egg-beater, add the sugar and vanilla, and beat until thoroughly mixed. One egg white well beaten may be added to make more of the sauce.

**VANILLA SAUCE**

$\frac{1}{2}$  cupful sugar.

1 cupful boiling water.

1 tablespoonful cornstarch.

1 tablespoonful butter.

Few grains nutmeg.

Few grains salt.

1 teaspoonful vanilla.

Mix the sugar and cornstarch, add the water gradually, stirring all the time. Boil ten minutes, remove from the fire, add the butter, salt, nutmeg and vanilla.

**LEMON SAUCE**

$\frac{1}{4}$  cupful sugar.

$\frac{1}{4}$  cupful corn syrup (light).

1 cupful boiling water.

$\frac{1}{2}$  teaspoonful nutmeg.

1 tablespoonful cornstarch.

1 tablespoonful oleomargarine.

$\frac{1}{8}$  teaspoonful salt.

2 tablespoonfuls lemon juice.

$\frac{1}{2}$  grated rind of lemon.



Mix sugar, salt and cornstarch. Add water gradually, stirring constantly; add syrup. Boil five minutes; remove from fire; add oleomargarine, nutmeg, lemon juice, and grated lemon rind.

### FRUIT SAUCE

Heat 1 cupful syrup of preserved or canned fruit, thicken with 1 teaspoonful cornstarch moistened with 1 tablespoonful cold water, and cook ten minutes, stirring all the time. Add a few grains of salt, 1 teaspoonful butter and 1 teaspoonful lemon juice, and serve hot.

### HARD SAUCE

1/3 cupful butter.

A few gratings nutmeg or

1 teaspoonful vanilla.

1 cupful powdered sugar.

Cream the butter, stir in slowly the sugar, and beat until creamy. Pile on a plate, and grate over a little nutmeg.

### STERLING SAUCE

1/3 cupful butter or butter substitute.

1 cupful brown sugar.

1 teaspoonful vanilla.

4 tablespoonfuls cream.

Cream the butter, add the sugar gradually and the cream and vanilla, a few drops at a time. Beat until creamy.

### CHOCOLATE SAUCE

1 cupful water.

1/2 cupful sugar.

1 stick cinnamon.

1 square chocolate.

1 1/2 tablespoonfuls cornstarch.

Few grains salt.

1 teaspoonful vanilla.

Cook together the water, sugar and cinnamon; strain, add the chocolate, thicken with cornstarch, mixed with a little cold water. Cook ten minutes. Add the salt, and beat until creamy. After removing from the fire, add the vanilla and serve hot. This may be used with a hot plain pudding or with vanilla ice cream frozen hard.

### MAPLE SAUCE

2 egg yolks.

2/3 cupful hot maple syrup.

1/2 cupful whipped cream.

Few grains salt.

Beat the yolks of the eggs well and pour the hot syrup over them. Cook in a double boiler till of the consistency of thin custard. Remove from fire. When cold, add the salt and whipped cream, and serve at once. Or the beaten egg whites may be used in place of cream, but they should be added as soon as the sauce is removed from the fire.

### FOAMY SAUCE

1 egg.

1 cupful sugar.

1/2 cupful hot milk.

Few grains salt.

1 tablespoonful butter.

1 teaspoonful vanilla.

Beat the egg, add the sugar and salt and beat well. Melt the butter in the scalded milk, and just before serving add the hot milk and vanilla to the first mixture.

### MARSHMALLOW SAUCE

1 cupful sugar.

1/2 cupful boiling water.

1 cupful marshmallows (cut in quarters).

1/2 teaspoonful vanilla.

Boil sugar and water until the mixture spins a thread when dropped from the spoon. Remove from the fire, add the marshmallows, beat until they are melted, and add the vanilla. Serve hot or cold.

**MOLASSES SAUCE**

1 cupful molasses.

1 teaspoonful vinegar.

1 teaspoonful cornstarch.

1 teaspoonful cold water.

1 tablespoonful oleomargarine.

Few grains salt.

Slight grating nutmeg.

$\frac{1}{2}$  teaspoonful vanilla.

Boil the molasses and vinegar together for one minute. Add the cornstarch, diluted in the cold water. Allow the mixture to simmer slowly for fifteen minutes. Add the oleomargarine, salt, nutmeg and vanilla. Serve the sauce hot.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XIX

### COLD DESSERTS

#### CHOCOLATE CORNSTARCH PUDDING

- 2 cupfuls skim milk.
- 3 tablespoonfuls cornstarch.
- $\frac{1}{2}$  cupful sugar.
- $1\frac{1}{2}$  squares chocolate.
- $\frac{1}{4}$  teaspoonful salt.
- 1 teaspoonful vanilla.

Scald milk in the double boiler; add cornstarch and sugar mixed with a little cold milk or water. Cook twenty minutes; add melted chocolate and salt. Remove from fire and cool slightly, then add vanilla. Pour in individual molds and chill.

#### COCOANUT PUDDING

- 1 pint milk.
- 4 tablespoonfuls cornstarch.
- $\frac{1}{2}$  cupful corn syrup (light).
- $\frac{1}{2}$  teaspoonful vanilla.
- $\frac{1}{2}$  cupful cocoanut.
- $\frac{1}{4}$  teaspoonful salt.

To cornstarch add  $\frac{1}{4}$  cupful milk (cold to make a smooth mixture). Scald the remainder of milk; add cornstarch mixture and corn syrup, stirring constantly. Add cocoanut and salt and cook in double boiler for forty minutes. The cooking mixture should be stirred until it thickens. When done, add vanilla and pour into molds which have been dipped into cold water. Chill.

## NORWEGIAN PRUNE PUDDING

- 2 cupfuls prunes.
- 2 cupfuls cold water.
- 1/3 cupful sugar.
- 1 inch piece stick cinnamon.
- 1 1/3 cupfuls boiling water.
- 1/3 cupful cornstarch.
- 1 tablespoonful lemon juice.

Pick over and wash prunes, then soak one hour in cold water, and boil until soft; remove stones; add sugar, cinnamon, boiling water, and simmer ten minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture, and cook five minutes. Remove cinnamon, mold, then chill, and serve with cream.

## PINEAPPLE REBECCA

- 2 3/4 cupfuls scalded milk.
- 1/4 cupful cold milk.
- 1/3 cupful cornstarch.
- 1/4 teaspoonful salt.
- 1 1/2 cupfuls grated pineapple.
- 1/4 cupful sugar.
- 1 egg white.

Mix the cornstarch, sugar and salt, dilute with cold milk, add slowly to the scalded milk, and cook over hot water, stirring all the time until the mixture thickens. Cook twenty minutes, stirring occasionally. Remove from the fire; add the pineapple and the egg white beaten stiff. Mold and chill.

## JUNKET

- 2 cupfuls milk.
- 2 tablespoonfuls sugar.
- 1/2 junket tablet dissolved in
- 1 teaspoonful cold water.
- Few grains salt.
- Grated nutmeg.



Dissolve the junket tablet in the cold water. Heat the milk to a lukewarm temperature, add the junket, sugar, salt and nutmeg; pour into a serving dish and set in a warm place until thick; then place on ice or in cold water at once. Serve with fresh fruit and whipped cream.

#### SOFT CUSTARD

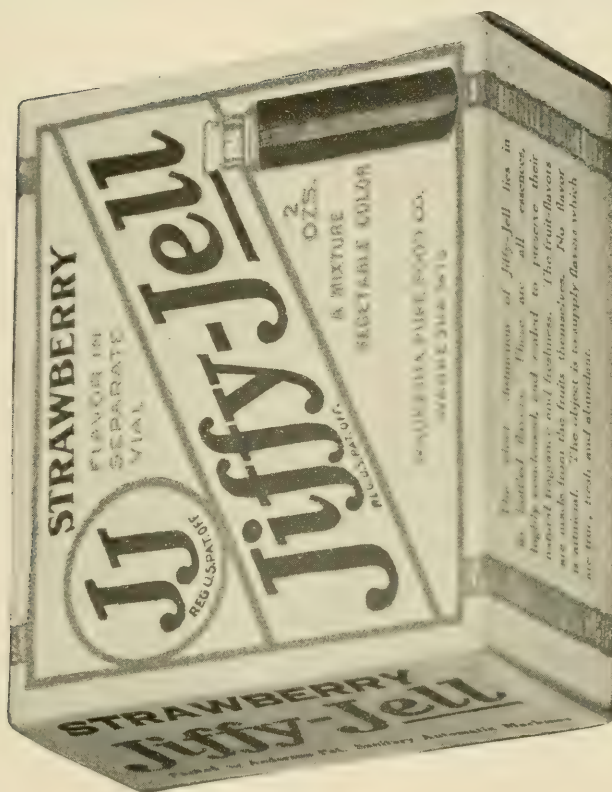
- 2 cupfuls scalded milk.
- 3 egg yolks or
- 1 egg and 1 yolk.
- $\frac{1}{8}$  teaspoonful salt.
- $\frac{1}{2}$  teaspoonful vanilla.
- $\frac{1}{4}$  cupful sugar.

Beat the eggs slightly, add the sugar and salt. Add the hot milk gradually, cook over hot water, stirring all the time until the mixture thickens and coats the spoon like cream. Remove from the hot water at once. Set in a pan of cold water, add the vanilla. If cooked too long, the custard will curdle; if this happens, beat with the Dover egg-beater.

#### BAKED CARAMEL CUSTARD

- 3 cupfuls scalded milk.
- 3 eggs.
- 1 teaspoonful vanilla.
- $\frac{1}{3}$  cupful sugar.
- $\frac{1}{4}$  teaspoonful salt.

Melt the sugar in an omelet pan, stirring constantly, to a syrup of light brown color. Add gradually to the milk. When the sugar is melted in the milk, add the mixture gradually to the eggs, slightly beaten. Add the salt and vanilla, pour into buttered molds, set molds in a pan of hot water, and bake in a moderate oven until the custard is firm. Do not allow the water surrounding the molds to boil or the custard will whey.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

### DATE CUSTARD

- 2 cupfuls milk.
- $\frac{1}{3}$  pound ( $\frac{3}{4}$  cupful) dates.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{2}$  teaspoonful nutmeg.
- 2 eggs.

Wash dates, stone them and cook with milk fifteen minutes in the top of double boiler. Rub through a coarse sieve, then add to the beaten eggs, add salt. Pour into individual custard cups, place cups in a pan of hot water, and bake in slow oven until firm (about forty minutes).

### MAPLE WALNUT CUSTARD

- 3 eggs.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{2}{3}$  cupful maple syrup.
- $2\frac{1}{2}$  cupfuls scalded milk.

Beat the eggs slightly, add the salt and maple syrup. Over this pour the scalded milk. Pour into custard cups and bake slowly, surrounded with hot water, until firm in the center. When cold, turn out in individual plates, pour over a little maple syrup, and sprinkle with chopped walnuts.

### STRAWBERRY WHIP

- 1 cupful strawberries.
- 1 egg white.
- $\frac{3}{4}$  cupful powdered sugar.

Crush the strawberries and rub through a sieve, add the sugar and egg white, and beat with a wire whisk until the mixture is stiff enough to hold its shape. Pile on a serving dish, surround with ladyfingers, and serve with whipped cream.

**TAPIOCA CREAM**

- $\frac{1}{4}$  cupful pearl or
- 2 tablespoonfuls minute tapioca.
- 2 cupfuls scalded milk.
- 2 eggs.
- $\frac{1}{3}$  cupful sugar.
- $\frac{1}{4}$  teaspoonful salt.
- 1 teaspoonful vanilla.

If pearl tapioca is used, soak it one hour in cold water to cover, drain. Add the tapioca to the scalded milk and cook in the double boiler until the tapioca is transparent. Beat the egg yolks slightly, add the sugar and salt. Pour the hot mixture slowly over the egg yolks and sugar, return to the double boiler, and cook until thick. Remove from the fire, add the egg whites beaten stiff and the vanilla. Chill before serving.

**APPLE TAPIOCA**

- $\frac{3}{8}$  cupful pearl tapioca or
- 3 tablespoonfuls minute tapioca.
- $1\frac{1}{4}$  cupfuls boiling water.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{2}$  cupful brown sugar (light).
- $\frac{1}{4}$  cupful raisins.
- 5 medium-sized apples.
- $\frac{3}{4}$  teaspoonful cinnamon.
- 1 tablespoonful lemon juice.
- Grated rind of  $\frac{1}{3}$  lemon.

Soak pearl tapioca one hour in cold water to cover. Drain. To the tapioca and boiling water add salt; cook in double boiler until transparent. Core and pare apples and cut into eighths. Arrange in a greased baking pan. To the tapioca add the raisins, lemon juice and grated rind. Pour this mixture over the apples, sprinkle with cinnamon and sugar, and bake in a moderate oven about sixty minutes. Rhubarb cut in pieces may be used in place of apples.

### CHOCOLATE TAPIOCA PUDDING

- $\frac{1}{4}$  cupful tapioca.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{4}$  cupful sugar.
- $1\frac{1}{2}$  cupfuls skim milk.
- 2 squares chocolate.
- 1 teaspoonful vanilla.

Mix tapioca, salt and sugar. Add milk, and bring to the boiling point; add chocolate, and cook in double boiler twenty minutes; beat well; add vanilla and mold. Serve with custard or cream.

### PINEAPPLE TAPIOCA SPONGE

Heat 2 cupfuls of grated (canned) pineapple in a double boiler; add half a cupful of boiling water and one-fourth teaspoonful of salt, then stir in half a cupful of minute tapioca. Stir occasionally and let cook twenty minutes, or until the tapioca is transparent; add half a cupful of sugar and the juice of half a lemon, then fold in the whites of two or three eggs beaten very light. Serve cold with top milk and sugar.

### LEMON JELLY (Orange or Fruit Jelly)

- 2 tablespoonfuls gelatine (granulated).
- $\frac{1}{2}$  cupful cold water.
- $2\frac{1}{2}$  cupfuls boiling water.
- $\frac{2}{3}$  cupful sugar.
- $\frac{1}{2}$  cupful lemon juice.

Soak the gelatine five minutes in the cold water, dissolve in boiling water, strain, add the sugar and lemon juice, turn into a mold, and allow to stand in a cold place several hours to stiffen.

One and one-half cupfuls of orange juice may be substituted for an equal measure of the water, when the jelly will be Orange Jelly.

Slices of banana, sections of orange and halves of walnut meats may be added to the jelly after it begins to thicken. Serve with whipped cream.

### COFEE JELLY

2 tablespoonfuls gelatine.

$\frac{1}{2}$  cupful cold water.

3 cupfuls coffee.

$\frac{3}{4}$  cupful sugar.

Soak the gelatine in cold water five minutes and dissolve in the hot coffee; add the sugar, stir until dissolved, strain into a mold, chill, and when stiff serve with whipped cream.

### SNOW PUDDING

$\frac{1}{4}$  cupful cold water.

1 tablespoonful gelatine (granulated)

1 cupful sugar.

2 egg whites.

$\frac{1}{4}$  cupful lemon juice.

1 cupful boiling water.

Let the gelatine soak five minutes in cold water, pour over it the boiling water, add sugar, and stir until dissolved; add the lemon juice, and strain; set in ice water. When cold, whip with an egg-beater until frothy. Beat the whites of eggs stiff and add them to first mixture. Dip a mold in cold water, pour the pudding into it, and set in a cold place till it hardens. Serve with soft custard.

### ORANGE SPONGE

1- $\frac{1}{3}$  tablespoonfuls granulated gelatine.

$\frac{1}{3}$  cupful cold water.

$\frac{1}{3}$  cupful boiling water.

$\frac{3}{4}$  cupful sugar.

3 tablespoonfuls lemon juice.

1 cupful orange juice.

2 egg whites.

1 cupful whipped cream.



Soak the gelatine in cold water and dissolve in the boiling water; strain, add the sugar, lemon and orange juice. Chill in a pan of ice water; when quite thick, beat until frothy, then add the egg whites stiffly beaten, and fold in the cream. Mold and chill.

#### SPANISH CREAM WITH DRIED FRUIT

1  $\frac{1}{4}$  tablespoonfuls granulated gelatine.

$\frac{1}{4}$  cupful cold water.

$\frac{3}{4}$  cupful boiling water.

4 tablespoonfuls Karo.

$\frac{1}{2}$  teaspoonful salt.

3 egg yolks.

3 egg whites.

1 pint scalded milk.

1 teaspoonful vanilla.

$\frac{3}{4}$  cupful soaked prunes or apricots.

Soak the gelatine in cold water until soft, then dissolve it in boiling water. Make a custard by beating the yolks of eggs, adding Karo a little at a time and salt. Pour on the hot milk, and cook in double boiler until it thickens. Then add the strained gelatine water, vanilla and whites of eggs beaten stiff. Mix all well and turn into molds wet in cold water. Place in ice water, and when partly stiff add the fruit cut in pieces. When cold, turn out on a dish and serve.

#### JELLIED APPLES

1  $\frac{3}{4}$  tablespoonfuls granulated gelatine.

$\frac{1}{2}$  cupful cold water.

1 quart cooking apples (pared and quartered).

1  $\frac{1}{2}$  cupfuls cold water.

$\frac{1}{2}$  cupful sugar.

$\frac{1}{4}$  teaspoonful ginger.

$\frac{1}{2}$  teaspoonful cinnamon.

1 slice lemon.

1-1/3 tablespoonfuls lemon juice.

$\frac{1}{4}$  teaspoonful lemon rind.

Soak the gelatine in one-half cupful cold water for ten minutes. Cook together the one and one-half cupfuls cold water, the sugar, spices, and slice of lemon for ten minutes. Then add apples, a few at a time, letting them cook until tender, but not broken. Remove from syrup when done and place in a shallow dish. When all apples are cooked, add the syrup to the soaked gelatine; add enough hot water to make two cupfuls of liquid; add lemon juice and grated lemon rind, strain, pour over apples, and chill.

### PRUNE AND BANANA DESSERT

- 2 eggs.
- 1 cupful corn syrup.
- 4 tablespoonfuls flour.
- 1 teaspoonful baking powder.
- 1 cupful chopped, cooked prunes.
- 1 cupful chopped walnut meats.

Mix together the eggs well beaten and the syrup. Sift together the flour and baking powder, mix them with the nuts and prunes, and add to the first mixture. Bake in well-greased and floured gem-pans one-half hour, and serve with banana custard.

### BANANA CUSTARD

- 1¼ cupfuls milk.
- 1 egg.
- 1 tablespoonful flour.
- ¼ cupful honey.
- 2 ripe bananas.
- ⅛ teaspoonful salt.
- ½ teaspoonful vanilla.

Heat one cupful of the milk and add the flour moistened in the rest of the milk. Cook till slightly thickened in top of double boiler. Add the honey, salt, vanilla, egg well beaten, and the bananas cut in small pieces. Cook fifteen minutes longer, remove from fire and chill.

## CHAPTER XX

### FROZEN DESSERTS

#### GENERAL DIRECTIONS FOR FREEZING

The amount of ice and salt depends upon the texture of the dessert being made. Ice creams, water ices and sherbets should be frozen with three parts of ice to one of salt. Frappés, which are coarser in texture, should be frozen with equal parts of ice and salt. Mousses and parfaits, which are creams frozen without stirring, should be packed in equal parts of ice and salt. To pack ice creams, ices and sherbets after freezing, use four parts of ice to one of salt, and let stand an hour or more to mold.

Scald the freezer can and fill it only three-quarters full, as the cream increases in bulk during freezing. Set the can in place, adjust the dasher and handle, and pack in layers with ice and salt. The brine should not be drawn off during the freezing process unless it is liable to overflow into the can, for the brine is the medium which freezes the mixture. When the cream is frozen (twenty minutes), draw off the brine, remove and scrape the dasher, cork the top of the can, and re-pack; then cover with sacking to retain the cold air. Let stand to ripen.

#### TO PACK AND FREEZE MOUSSES AND PARFAITS

Dip the mold in cold water, fill with the mixture, cover with paraffine paper and adjust the cover, letting the paper project. Pack in equal parts of ice and salt; let stand three to four hours to become solid.

### VANILLA ICE CREAM

- 1 pint milk.
- 1 egg.
- 1 cupful sugar.
- 2 teaspoonfuls vanilla extract.
- $\frac{1}{3}$  teaspoonful salt.
- 1 quart thin cream.
- 1 tablespoonful flour.

Scald the milk, to it add the flour, sugar and salt, and the well-beaten egg, and cook in a double boiler twenty minutes and till as thick as boiled custard. Remove from the fire and, when cold, add the vanilla and cream. Freeze and set aside to ripen before serving.

Various additions and flavorings may be added to this which may be called a "stock cream"; for example, two squares of chocolate melted over hot water may be added to the scalded milk before the egg is put in to give chocolate cream; or one-half cupful of coffee may be scalded with the milk and the grounds afterwards removed by straining, the egg added and the cream frozen as usual, for coffee ice cream. Crystallized cherries or ginger may be cut in small pieces and added to the cream when it is half frozen, when it will be known by the name of the fruit added.

### CHOCOLATE CREAM

- 2 cupfuls scalded milk.
- 1 tablespoonful flour.
- 1 egg.
- $\frac{1}{3}$  cupful boiling water.
- $1\frac{1}{2}$  cupfuls sugar.
- $\frac{1}{8}$  teaspoonful salt.
- 2 squares chocolate.
- 1 quart thin cream.
- 1 teaspoonful vanilla.

Mix one cupful sugar with the flour and salt. Add to the egg slightly beaten, add gradually the milk. Cook over hot water twenty minutes, stirring constantly at first. Put chocolate in saucepan, place over hot water, and, when melted, add remaining sugar and boiling water. Add chocolate mixture to hot custard. Cool, add cream and flavoring, strain and freeze. One-third cupful cocoa may be used in place of chocolate.

### CARAMEL ICE CREAM

- 1 quart cream.
- 2 cupfuls milk.
- 1-1/3 cupfuls sugar.
- 1 tablespoonful flour.
- 1/8 teaspoonful salt.
- 1 1/2 tablespoonfuls vanilla.
- 1 egg.

Prepare as for vanilla ice cream, using one-half cupful of sugar in the custard. Put the rest of the sugar in a saucepan over the fire, stir constantly until melted to a syrup of light brown color. Pour the caramel syrup slowly into the custard, cool, add the beaten cream and freeze.

### PHILADELPHIA ICE CREAM

- 1 quart thin cream.
- 1 cupful sugar.
- 1 tablespoonful vanilla.

Scald the cream in the top of a double boiler, add the sugar and, when cold, the flavoring. Freeze, turning the dasher steadily, but not too fast. When set, remove the dasher, pack the cream down and put aside to ripen.

### CHOCOLATE ICE CREAM

- 1 quart thin cream.
- 1 cupful sugar.
- 1/3 teaspoonful salt.
- 2 squares unsweetened chocolate.
- 1 tablespoonful vanilla.

Scald the cream, add the sugar and let it melt, and when the cream is cold add the extract, salt and the chocolate, the latter melted by placing it in a cup over boiling water. Stir well to blend the ingredients thoroughly, freeze, and set aside to ripen. If preferred, the chocolate, when melted, may be added to the cream while the latter is hot.

### BANANA CREAM

8 bananas.

1 quart cream.

1 cupful sugar.

Peel and mash the bananas. Scald one pint cream in a double boiler. Add the sugar, stir until dissolved, and cool. Beat and stir the bananas to a smooth paste, add to the cream and sugar; then add the remainder of the cream, and freeze.

### MACAROON ICE CREAM

1 quart cream.

1 cupful macaroons (dried and pounded).

$\frac{3}{4}$  cupful sugar.

1 tablespoonful vanilla.

Dry and pound the macaroons, add to the beaten cream. Add the sugar and vanilla and freeze.

### MINT ICE CREAM

1 quart thin cream.

$\frac{1}{2}$  cupful sugar.

$\frac{1}{2}$  pound red and white peppermint stick candy.

Few grains of salt.

Heat half the cream and the candy in the top of a double boiler until candy is dissolved. Cool, add the remaining cream, beaten, and the salt, and freeze.



### PINEAPPLE CREAM

- 1 quart cream.
- 2 cupfuls sugar.
- Juice 1 lemon.
- 1 large pineapple, or 1 pint can.

Scald the cream with half the sugar, stir until sugar is dissolved, and cool. Grate the pineapple, mix with the rest of the sugar, and stir until dissolved. Add the remaining pint of cream to the sweetened cream and freeze; add the lemon juice to the pineapple, and stir into the frozen cream; beat thoroughly and pack. If canned pineapple is used, add the lemon juice, and stir into the cream when cold.

### STRAWBERRY ICE CREAM

- 1 quart strawberries.
- 1 quart cream.
- 2 cupfuls sugar.

Put half the sugar and half the cream in a double boiler over the fire; when the sugar dissolves, cool. Mash the berries and add the remaining sugar. Add the berries to the first mixture; add the rest of the cream and freeze.

### JUNKET ICE CREAM

- 1 junket tablet dissolved in
- 1 tablespoonful cold water.
- 1¼ cupfuls sugar.
- 1 quart milk.
- 1 pint heavy cream, or undiluted evaporated milk.
- 1 tablespoonful vanilla.

Heat the milk and sugar until lukewarm. Add the dissolved junket tablet and flavoring, and let stand until slightly thickened (keeping at lukewarm temperature). Add the cream and freeze.

### FROZEN PUDDING

- 2 eggs.
- 2 cupfuls water.
- $\frac{3}{4}$  cupful chopped candied cherries and pineapple.
- 1 tablespoonful vanilla.
- 1 teaspoonful almond extract.
- 1 teaspoonful lemon extract.
- 2 cupfuls cream.
- 1 cupful sugar.
- $\frac{1}{2}$  cupful chopped nutmeats.

Beat the eggs. Boil the sugar and water five minutes, pour over the eggs and beat over hot water two minutes. Place the mixture over cold water and, when cool, add the cream and flavoring. Freeze to a mush, then add the fruit and nuts, and freeze solid.

### CONCORD MOUSSE

- 2 cupfuls heavy cream.
- $\frac{3}{4}$  cupful sugar.
- 1 cupful grape juice.
- 1 teaspoonful lemon juice.
- $\frac{1}{4}$  teaspoonful salt.

Add the lemon juice and sugar to the grape juice. Beat the cream, add the fruit juice slowly, turn into a mold, seal and bury in equal quantities of ice and salt for four hours. Unmold and serve with whipped cream.

### CAFÉ PARFAIT

Make a syrup of  $\frac{3}{4}$  cupful clear black coffee and 1 cupful sugar. Beat 3 yolks of eggs and pour the hot mixture over them slowly stirring all the time. Cook in a double boiler until the mixture coats the spoon like cream. When cold, fold in a pint of cream, whipped. Turn into an ice-cold mold, and bury in equal parts of salt and ice three or four hours.

### MAPLE PARFAIT

- 3 egg yolks.
- 2 cupfuls maple syrup.
- 1 pint heavy cream.

Beat the egg yolks and pour over them gradually the hot maple syrup. Cook until slightly thick in a double boiler, cool. Add the beaten cream slowly, pour into a mold and pack in equal quantities of ice and salt for four hours.

### MILK SHERBET

- 1 quart milk.
- 1½ cupfuls sugar.
- Grated rind of 1 lemon.
- Juice of 2 lemons.

Add the sugar to the milk and stir until dissolved; turn into the freezer and freeze till just beginning to set; then add the juice and rind of the lemons, and finish freezing.

### PINEAPPLE SHERBET

- 1 pint fresh or
- 1 can grated pineapple.
- 1 pint water.
- 1 pint sugar.
- 1 teaspoonful gelatine soaked in
- 1 tablespoonful cold water.
- Juice of 1 lemon.

Boil sugar and water two minutes. Add gelatine soaked in cold water. Add the fruit juice, and freeze.

### RASPBERRY SHERBET

- 1 pint raspberry juice.
- 1 quart water.
- 2 cupfuls sugar.
- Juice of 2 lemons.

Crush and heat the raspberries so that the juice may be extracted more easily; pass through a fine sieve or cheese cloth to keep back the seeds. Boil the sugar and half the water to form a syrup, add the remainder of the water, the raspberry and lemon juice. Freeze as soon as the mixture is cold and, if possible, stand aside for an hour or more to ripen.

### SICILIAN SORBET

- 1 quart can peaches.
- 1 cupful sugar.
- 2 cupfuls orange juice.
- 2 tablespoonfuls lemon juice.

Press the peaches through a sieve, add the fruit juices and sugar, and freeze.

*(Fannie M. Farmer.)*

### ORANGE WATER ICE

- 2 cupfuls boiling water.
- 1 cupful sugar.
- 2 teaspoonfuls granulated gelatine.
- 2 tablespoonfuls cold water.
- 3 egg whites.
- Grated rind and juice of 2 oranges.
- Juice of 1 large lemon.

Boil the water and sugar together for ten minutes; add the gelatine, which has been previously softened in the cold water, and allow the mixture to become quite cold; then add the beaten whites of the eggs, the orange rind and juice and the lemon juice. Freeze, turning the dasher slowly but steadily.

## CHAPTER XXI

### PASTRY AND PIES

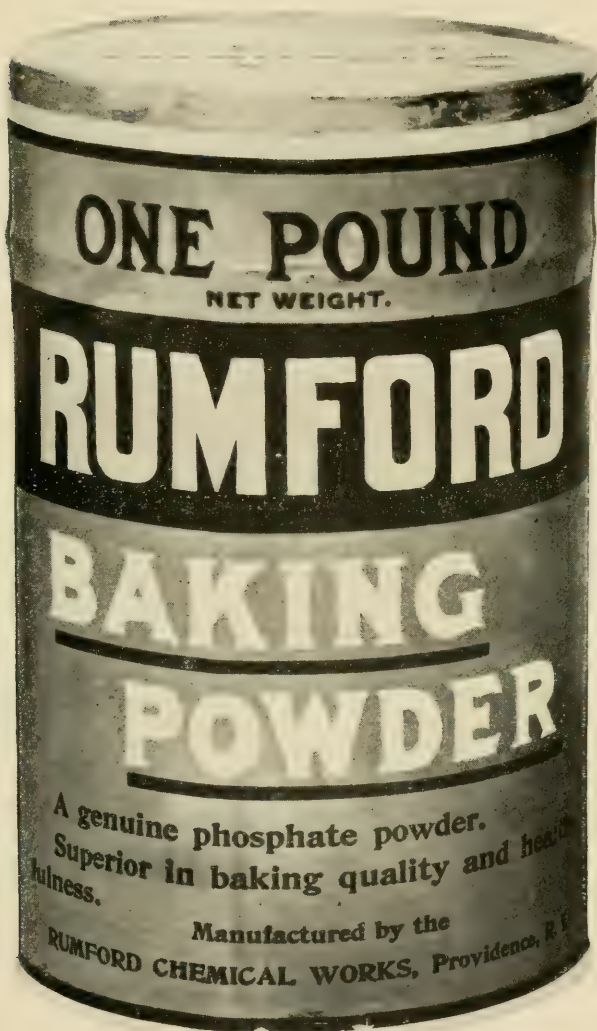
#### FLAKY PIE CRUST

- 3 cupfuls flour.
- $\frac{1}{2}$  cupful butter.
- $\frac{1}{2}$  cupful lard.
- Ice water to moisten.
- $\frac{1}{2}$  teaspoonful salt.

Sift the flour into a bowl, add the butter and lard, and chop with a knife, or rub with a fork, until of the consistency of coarse meal. Sprinkle the water here and there through the flour, and mix with a fork into a stiff dough. Drop on a floured board, dust lightly with flour, press down with the rolling-pin, and roll back and forth until the paste becomes an oblong sheet not more than half an inch in thickness. Slip a broad-bladed knife under each end of this sheet, and fold over toward the center, thus forming three layers of the paste. Lift with the knife from the board, dust with flour; lay the paste down again, dust with flour, roll and again fold over as before. Repeat, and the paste is ready to use. Place the paste on ice, or in a cold place, for an hour before rolling it out for pies, as its quality is improved by so doing; and if the weather is warm it may advantageously be placed on ice ten minutes between each rolling out. If a teaspoonful baking powder be sifted with the flour, less shortening can be used, but the pastry will not be as crisp and delicate.

#### PLAIN CRISCO PASTRY

- $1\frac{1}{2}$  cupfuls flour.
- $\frac{1}{2}$  cupful Crisco.
- $\frac{1}{2}$  teaspoonful salt.
- Cold water.



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*Laura A. Hunt.*



Sift flour and salt and cut the Crisco into flour with a knife until finely divided. The finger tips may be used to finish blending the materials. Add gradually sufficient water to make a stiff paste. Water should be added sparingly and mixed with the knife through the dry ingredients. Form lightly and quickly with the hand into dough; roll out on slightly floured board about one-quarter inch thick. Use a light motion in handling rolling-pin, and roll from the center outward. Sufficient for one small pie.

#### **PIE CRUST (Mazola)**

2 cupfuls flour.

1 teaspoonful baking powder.

$\frac{1}{4}$  cupful Mazola.

About  $\frac{1}{4}$  cupful ice water.

1 teaspoonful salt.

Put the Mazola near the ice till very cold. Sift the dry ingredients together until thoroughly mixed. Turn the Mazola into the dry ingredients and cut back and forth with a knife till well mixed. Add the water gradually. No absolute rule for the amount of water can be given. The dough should be hard enough not to stick to the bowl, but soft enough not to crumble. Toss lightly on to a floured board and roll very thin.

#### **TWO-CRUST PIES**

##### **APPLE PIE**

Roll pie crust to the thickness desired. Place upon a pie pan, shaping it carefully, and cut around the edges with a sharp knife. Cover the bottom of the crust with a thin layer of sugar, dust with flour, then fill the crust with slices of pared and cored apples. Add one-third cupful sugar, one-half teaspoonful cinnamon, and dot over with pieces of butter. Roll an upper crust, making an opening in the center for the steam to pass out, and place over the pie. Trim around the edges and press the upper and lower crusts together. Bake until the apples are soft and the top and bottom crusts are nicely browned.

## BLUEBERRY PIE

3 cupfuls blueberries.

Flour.

$\frac{1}{2}$  cupful sugar.

$\frac{1}{8}$  teaspoonful salt.

Line a deep plate with pastry, fill with berries, sprinkle with a little flour, salt and sugar, cover with pastry, make several incisions in the upper crust. Bake forty-five minutes in a moderate oven.

## CRANBERRY AND RAISIN PIE

$1\frac{1}{2}$  cupfuls cranberries.

1 cupful raisins.

1 tablespoonful flour.

$\frac{1}{2}$  cupful sugar.

Paste.

Wash and seed the raisins and chop the cranberries; add the flour and sugar, and bake in a shallow pie plate between two crusts.

## MINCE MEAT

4 cupfuls chopped cold boiled beef.

8 cupfuls chopped apple.

2 cupfuls chopped suet.

1 pound currants.

2 pounds seeded raisins.

$\frac{1}{2}$  pound citron (cut fine).

5 cupfuls sugar.

1 cupful molasses.

2 lemons (juice and grated rind).

1 quart boiled cider.

2 grated nutmegs.

1 tablespoonful cloves

1 tablespoonful allspice.

3 tablespoonfuls cinnamon.

1 tablespoonful salt.

Mix all together and let cook slowly on the back of the range for three hours or more. Seal in fruit jars.

### **TOMATO MINCE MEAT**

One peck green tomatoes chopped very fine. Drain off the juice, measure it, and discard. Add as much water to chopped tomatoes and cook until tender. Add 2 quarts sliced apples, 1 cupful molasses, 3 pounds brown sugar, 2 pounds chopped raisins, 2 tablespoonfuls each cinnamon, cloves, allspice, nutmeg and salt. Boil twenty minutes. Add 1 cupful vinegar and cook until of desired thickness. Keep in jars.

### **RASPBERRY PIE**

To 2 cupfuls raspberries add 1 cupful ripe currants and  $\frac{1}{2}$  cupful granulated sugar, with which a tablespoonful flour has been mixed; stir together. Line a plate with flaky pie crust, put in the fruit, cover with sheet of paste, make several incisions for the escape of steam, and bake till the crusts are nicely browned. Serve cool.

#### ONE-CRUST PIES

### **CUSTARD PIE**

- 2 eggs.
- $\frac{1}{4}$  cupful sugar.
- 2 cupfuls milk.
- $\frac{1}{8}$  teaspoonful salt.
- Nutmeg (grated).
- 1 teaspoonful vanilla.

Line a pie tin with pastry, making a rim on the crust. Scald the milk and pour over the slightly beaten eggs; add the sugar and salt. Strain the mixture into the lower crust, and grate a little nutmeg over the top. Bake in a hot oven to cook the rim well; then reduce the heat and cook more slowly until custard is firm. Test with knife; if knife comes out clean, custard is done. Egg mixtures require a moderate oven.

### CHOCOLATE PIE

Mix 1 cupful sugar, 2 squares grated chocolate, 2 tablespoonfuls flour, beaten yolks of 3 eggs, stir into 1 pint of scalded milk and cook over hot water until thickened. Add 1 teaspoonful vanilla. Cool, and put into a baked crust. Beat the whites of eggs until stiff, add 3 tablespoonfuls sugar, spread over the top of the filling, and brown in a very moderate oven.

### SOUR CREAM PIE

- 1 cupful thick sour cream.
- 1 cupful sugar.
- 1 cupful chopped walnuts.
- 1 cupful chopped raisins.
- 2 eggs (well beaten).
- $\frac{1}{4}$  teaspoonful salt.

Mix the ingredients in the order given, and bake with an under crust only. Bake until firm and a rich brown in color.

### CURRENT PIE

- 1 cupful currants.
- 1 cupful sugar.
- $\frac{1}{4}$  cupful flour.
- 2 egg yolks.
- 2 tablespoonfuls water.

Mix the flour and sugar, add the yolks of eggs slightly beaten and diluted with water. Wash the currants, drain, remove stems, then measure; add to the first mixture and bake in one crust; cool, and cover with meringue. Cook in slow oven until meringue is delicately browned.

### MERINGUE

- 2 egg whites.
- $\frac{1}{2}$  tablespoonful lemon juice or
- $\frac{1}{4}$  teaspoonful vanilla.
- 2 tablespoonfuls powdered sugar (granulated may be used).

Beat whites of eggs until stiff, add sugar gradually, then add flavoring. Spread over the pie, and bake in slow oven until delicately browned.

## DATE PIE

- $\frac{1}{2}$  pound dates.
- 2 eggs.
- 1 teaspoonful cinnamon.
- 2 cupfuls milk.
- $\frac{1}{4}$  cupful sugar.

Wash and soak the dates in warm water over-night, then stew and strain the same as pumpkin. Into the pulp stir the beaten eggs, cinnamon, milk, and sugar. Bake in one crust until firm like custard.

## LEMON PIE

- $\frac{1}{2}$  cupful sugar.
- 1 cupful water.
- 2 tablespoonfuls cornstarch.
- 1 teaspoonful butter.
- Yolks of 2 eggs.
- Juice and rind of 1 lemon.

Mix the sugar and cornstarch and pour on slowly, stirring all the time, 1 cupful boiling water. Cook until transparent. Add the butter and lemon juice. Pour the mixture over the slightly beaten yolks of eggs. Cook over boiling water two minutes, stirring constantly. Fill the crust. Make a meringue of the whites and 2 tablespoonfuls powdered sugar. Cover the pie with the meringue and brown in very moderate oven.

## PUMPKIN PIE

- $1\frac{1}{2}$  cupfuls stewed pumpkin.
- $1\frac{1}{2}$  cupfuls rich milk.
- $\frac{1}{4}$  cupful molasses.
- $\frac{1}{2}$  cupful brown sugar.



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$\frac{1}{2}$  teaspoonful ginger.

1 teaspoonful salt.

2 eggs (beaten).

Mix the ingredients in the order given and stir well together, line a deep pie pan with paste rolled moderately thick, sift a little flour evenly over the bottom, and fill three quarters full with the prepared mixture. Bake until a knife inserted in the custard comes out clean. In preparing the pumpkin, use very little water. Cover the kettle in which it is cooking, and stew until the pumpkin is perfectly soft, then remove the cover and continue the stewing, stirring frequently till the moisture evaporates and the pumpkin becomes a smooth paste. Rub through a fine sieve.

## SQUASH PIE

$1\frac{1}{2}$  cupfuls cooked and strained squash.

$\frac{1}{4}$  cupful brown sugar.

$\frac{1}{2}$  teaspoonful salt.

$\frac{1}{4}$  teaspoonful each of cinnamon, ginger, nutmeg.

1 egg.

$\frac{7}{8}$  cupful milk.

Beat the egg slightly, add the sugar, salt, spices, squash and the milk gradually. Bake in one crust until firm. Cook in a quick oven at first to set the rim, then reduce the heat.

## PUFF PASTE

Scald an earthen bowl, fill with ice water; and wash the hands first in hot water, then in cold. Work 1 pound of butter in a bowl of cold water until it is waxy and all the salt is washed out of it. Take out the butter, pat and squeeze till all water is removed. Measure from it 2 tablespoonfuls, mold the rest into an oblong cake, and set it where it will grow hard and cold. Sift 1 pound (4 cupfuls) of flour

with  $\frac{1}{2}$  teaspoonful salt into the bowl. Cut in the 2 table-spoonfuls butter. Mix with ice water, to a stiff dough. Turn out on a marble slab which has been dusted with flour. Knead very slightly; then cover with a bowl, and set away to "ripen" five minutes.

When the dough is ripened put the paste on the slab and, rolling lightly with the rolling-pin, shape it about half as wide as it is long, keep the corners square. At the center of lower half lay the hardened piece of butter. Over this fold the upper half of the dough. Tuck lightly around the edges, enclosing all the air possible, fold right side of paste over and left side under the enclosed butter. Turn half way round. Rolling lightly with the rolling-pin break up the butter, spreading it and rolling the paste into a longer strip. Be careful to keep the sides and ends of the paste even, and to break as few air bubbles as possible. When the strip is long, fold ends toward center, making three layers. Turn half way round again, patting, rolling, folding, and turning until the process has been repeated six times. If the paste is soft, or the butter breaks through, set it away to chill before you finish the process. Roll always in one direction, from you, with a long motion. After the seventh rolling fold the ends toward the center, making four layers; chill. During the winter puff paste, wrapped and covered, may be kept for several weeks in a very cold place. Use it as desired, baking patties, vol au vents, or tarts as required. These will keep five or six days after making, being reheated before they are filled.

The oven for baking puff paste should be hot, with the greatest heat underneath, so the paste can rise to its full height before browning. As heat touches the pastry, the bubbles expand, lifting the thin layers higher and higher. When it has reached its height, and is baked delicately brown, you have what is properly called puff paste.

When using a cutter, always dip in flour between each cutting; it will insure neat edges.

Rich pastry never makes a good undercrust—it soaks.

When baking small pieces such as pattie tops or cheese straws, do not put them in a pan with the larger pieces; they bake in less than half the time required by the others.

If you wish pastry to have a glazed appearance, brush over with beaten egg before putting it in the oven.

Utilize trimmings for smaller things; never add them to the larger pieces of paste.

Use the sharpest knife for cutting pastry; if it is dragged ever so slightly in the cutting it will not rise well as it breaks the layers. Also, in making two layers of pastry adhere, never press it together or you will have a heavy spot.

Always have puff ice cold when it is put in the oven. Let the heat be greatest at the bottom when the paste is put in; it must rise before it begins to brown.

### VOL AU VENTS

Lay a mold upon a round of puff paste, rolled about half an inch thick, and cut out a circle as big as you think will be required to cover it. Set the mold upside down and tuck down the paste, handling carefully. Do not cover scantily anywhere or it will crack. Prick all over with a fork and set away in a cold place to chill thoroughly. Find a plate or saucer which fits the top of the mold and cover with puff paste. Cut from the trimmings stars, hearts, crescents, or any forms you can produce with a paste jagger. Brush the paste on the saucer lightly with cold water, and stick on the ornaments in any style desired. Chill the vol au vent and lid for half an hour, then bake in an oven which is very hot at first, but cooled slightly when the pastry has risen and is beginning to brown. Watch the baking with great care, as the paste will burn or become unshapely if not turned occasionally. A vol au vent may be filled with any creamed mixture or with a cooked, chilled fruit and rich syrup.

### PATTIES

Roll out the paste half an inch thick; shape two rounds with a cutter. From one round cut a smaller piece. Use the ring left to lay on the other round, brushing with water to make it stick. Bake and fill with a creamed mixture, using the small round as a lid.

### CHEESE STRAWS

Season some grated cheese with paprika and salt, then dust it over a piece of puff paste. Fold the paste and roll two or three times. Cut out in straws. The straws may be braided or baked singly.



You will find the above article to be all that is claimed for it by the manufacturer.

Laura A. Hunt.

## CHAPTER XXII

### CAKE

Cakes are divided into two classes: Cakes without butter; examples sponge cake, angel food, sunshine cake. Cakes with butter; examples, cup and pound cakes.

Use accurate measures.

*Utensils for Mixing*—Use a deep, earthen mixing-bowl and a slotted wooden spoon.

Do not grease pans for cakes without butter. Use a new pan which has never been greased and if kept for cakes of this class greasing will not be necessary.

*Pans for Butter Cakes*—Grease pans thoroughly for butter cakes, sift a little flour in the pan after it is greased. See that the corners of the pan are well greased. Fill the pans only two-thirds full of the cake mixture. For fruit cake which requires long baking line the pan with greased paper.

*General Method for Cakes without Butter*—Separate the yolks and whites of eggs. Beat the yolks until lemon-colored and thick, add the sifted sugar slowly while beating. Add the flavoring, then fold in the whites beaten stiff and dry. Sift the flour several times with the baking powder, cut and fold it into the mixture until all is well blended.

Sponge cakes and others of the class are raised mainly by air and steam and, containing many eggs, need a moderate oven.

*Baking*.—Oven test for sponge cake: Turns white paper yellow in five minutes.

*Method of Mixing Cakes with Butter*—Measure ingredients, dry first and then the liquids and butter. Cream the butter; then add the sugar and cream together until the sugar is dissolved and the mixture is creamy. Beat egg yolks with a Dover beater. Beat the whites with an egg



whip. Add beaten yolks to creamed mixture. Sift the flour and measure it, being careful not to pack it down in the cup. Sift it again with the baking powder or soda, salt and spices if used. Then add liquid alternately with sifted flour, to keep the mixture about the same consistency. Add the flavoring and beat thoroughly. Add the whites beaten stiff at the last, by cutting and folding in very carefully. Do not stir the mixture after the egg whites are in.

*Oven Test for Butter Cakes*—White paper turns light brown in 5 minutes. Butter cakes require a hotter oven than those without butter. If the oven gets too hot, place a cover of paper over the cake or set a pan of cold water in the oven. Cake is baked when it shrinks away from the sides of the pan and springs back in place when touched lightly with the finger.

## CHEAP SPONGE CAKE

- 1 cupful sugar.
- 5 tablespoonfuls cold water.
- 2 eggs.
- 1 tablespoonful lemon juice.
- 1 1-3 cupfuls flour.
- 2 teaspoonfuls baking powder.
- $\frac{1}{4}$  teaspoonful salt.

Beat the yolks until thick, add the sugar and continue beating, then gradually add the water and lemon juice. Mix and sift the baking powder and salt with the flour and add to the yolks. Beat the egg whites until stiff, and carefully fold into the cake mixture. Bake in an unbuttered tin in a moderate oven.

## SPONGE CAKE

- 2 eggs.
- 1 cupful sugar.
- 1 cupful flour.
- 2 teaspoonfuls baking powder.



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A speck of salt.

1 teaspoonful vanilla.

$\frac{1}{2}$  cupful hot milk.

Beat the eggs five minutes, add the sugar gradually and beat again. Mix and sift the flour, baking powder and salt and add gradually to first mixture, add vanilla and beat well. Then stir in the hot milk, pour at once into a round sponge cake pan and bake in a slow oven.

#### POTATO FLOUR SPONGE CAKE

4 eggs.

1 cupful sugar.

$\frac{1}{2}$  cupful potato flour.

$\frac{1}{4}$  teaspoonful salt.

$\frac{3}{4}$  teaspoonful baking powder.

1 teaspoonful vanilla.

Beat the yolks of the eggs until light, add the sugar gradually and continue the beating until very creamy. Sift together the flour, baking-powder, and salt, and stir into the first mixture. Fold in the stiffly beaten egg-whites and the vanilla. Bake in a sheet pan in a slow oven for about thirty minutes.

#### ANGEL FOOD

Whites 9 eggs.

$1\frac{1}{2}$  cupfuls powdered sugar.

1 teaspoonful cream of tartar.

$\frac{1}{4}$  teaspoonful salt.

1 cupful flour.

1 teaspoonful vanilla.

Beat the whites of the eggs until frothy, add the cream of tartar, and continue beating until eggs are stiff. Sift the sugar several times and then add gradually to the beaten eggs. Sift the flour and salt four or six times; then fold into the mixture, and lastly add the vanilla. Bake in an un-buttered pan in a moderate oven for 45 to 50 minutes.

**SUNSHINE CAKE (Part I)**

- 5 egg whites.
- $\frac{3}{4}$  cupful sugar.
- $\frac{1}{2}$  cupful flour.
- 1 teaspoonful cream of tartar.
- Speck of salt.
- 1 teaspoonful vanilla.

Beat the egg whites until stiff, add the sugar gradually, beating all the time. Mix and sift the flour, cream of tartar and salt several times and add to the first mixture. Add vanilla and bake in one layer cake pan in a moderate oven.

**SUNSHINE CAKE (Part II)**

- 5 egg yolks.
- 1 cupful sugar.
- $\frac{1}{2}$  cupful milk.
- 1 1-3 cupfuls flour.
- 1 teaspoonful cream of tartar.
- $\frac{1}{2}$  teaspoonful soda.
- Speck of salt.
- 1 teaspoonful vanilla.

Beat the egg yolks until thick and lemon-colored, add the sugar gradually. Mix and sift the flour, cream of tartar, soda and salt and add to first mixture alternately with the milk. Add the vanilla and bake in two layer cake pans in a moderate oven.

Put cake together with boiled frosting, having the white layer in the center.

**PLAIN CAKE**

- $\frac{1}{4}$  cupful butter.
- $\frac{1}{2}$  cupful sugar.
- $\frac{1}{4}$  teaspoonful salt.
- 1 egg.
- $\frac{1}{2}$  cupful milk.
- $1\frac{1}{2}$  cupfuls flour.
- 3 teaspoonfuls baking powder.
- 1 teaspoonful vanilla.

Cream the butter, add sugar gradually, and egg well beaten. Sift the flour, baking powder and salt and add alternately with the milk to first mixture, add the vanilla. This rule may be varied in many ways.

*Variations for Plain Butter Cakes.*—Many kinds of butter cakes may be made from a plain-cake recipe. The following are examples:

1. White cake—Use 3 egg whites.
2. Yellow cake—Use 4 egg yolks.
3. Chocolate cake—Add one ounce melted chocolate.  
(use less flour).
4. Spice cake—Add  $\frac{1}{2}$  teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful mixed allspice, nutmeg, and cloves.
5. Fruit cake—Add  $\frac{1}{2}$  cupful raisins,  $\frac{1}{4}$  cupful currants,  $\frac{1}{4}$  cupful cut citron.
6. Nut cake—Add  $\frac{1}{2}$  cupful cut walnuts or almonds.  
Make in layers and use different fillings and frostings.

#### FAMILY CINNAMON CAKE

- 2 eggs.
- $\frac{1}{2}$  cupful sugar.
- 1 cupful milk.
- 2 cupfuls flour.
- 4 tablespoonfuls Wesson Oil.
- 1 teaspoonful salt.
- 1 teaspoonful baking powder.
- $\frac{1}{4}$  teaspoonful nutmeg.

Beat eggs, sugar, salt and oil together until very light. Then add milk, baking powder and  $\frac{1}{4}$  teaspoonful nutmeg. Mix 1 tablespoonful oil, 1 tablespoonful flour,  $\frac{1}{2}$  cupful of sugar, 2 tablespoonfuls of cinnamon and spread over top of cake. Bake in greased pan in a moderate oven.

—Wesson Oil Cake Book.

### ORANGE LAYER CAKE

- 1/2 cupful Mazola.
- 1 cupful sugar.
- 2 eggs.
- 1/2 cupful milk.
- 1 1/4 cupfuls flour.
- 1/4 cupful cornstarch.
- 1 1/2 teaspoonfuls baking powder.
- 1 teaspoonful salt.

Sift flour, cornstarch, baking powder and salt together, mix milk and Mazola together; beat yolks of eggs until thick, add sugar, then alternately add the milk and flour; fold in the well-beaten whites of the eggs and flavoring; bake in layer cake pans in a moderately hot oven.

—Mazola Recipes.

### SPANISH CAKE

- 1 cupful sugar.
- 1/2 cupful butter or oleomargarine.
- 2 eggs.
- 1/2 cupful milk.
- 1 3/4 cupfuls flour.
- 2 teaspoonfuls baking powder.
- 1/4 teaspoonful salt.
- 1 teaspoonful cinnamon.

Cream the butter and sugar, beat in the yolks of eggs. Add the flour, with which has been sifted cinnamon, salt, and baking powder, alternating with it the milk. The whites of eggs whipped to a stiff froth may be added the last thing. Bake in a large, shallow pan and cover the top with caramel frosting.

### CHOCOLATE LOAF CAKE

- 1 1/2 cupfuls sugar.
- 1/2 cupful butter or oleomargarine.
- 2 eggs.
- 1 cupful milk.



- 2 cupfuls flour.
- 2 teaspoonfuls baking powder.
- 1 teaspoonful vanilla extract.
- 2 squares chocolate.

Beat to a cream one cupful of the sugar with the butter; add the eggs well beaten, then half a cupful of the milk and the vanilla. Sift together the flour and baking powder, and beat them into the other ingredients. Put the remainder of the sugar and milk, with the chocolate, into a saucepan and cook till the chocolate is dissolved; add to the cake batter, beat well, and bake in a moderate oven about three-quarters of an hour.

### DEVIL'S FOOD

- 1 egg yolk.
- 1 cupful sugar.
- 2 squares chocolate.
- 1 cupful milk.
- 3 tablespoonfuls butter substitute.
- 2 cupfuls flour.
- $\frac{1}{2}$  teaspoonful soda.
- 1 teaspoonful baking powder.
- $\frac{1}{2}$  teaspoonful salt.
- 1 teaspoonful vanilla.

Melt the chocolate in  $\frac{1}{2}$  cupful milk over hot water, add the egg yolk and stir until the mixture thickens. Add the rest of the milk, remove from fire, add the butter substitute and the sugar and beat well. Mix and sift the flour, soda, baking powder and salt and add to the first mixture, then add the vanilla. Bake in a greased sheet or layer cake pan in a moderate oven. Use the egg white for making frosting.

### COCOA CAKE

- $\frac{1}{2}$  cupful butter substitute.
- 1 cupful sugar.
- 1 cupful sour milk.



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- 1 teaspoonful soda.
- 1 teaspoonful baking powder.
- $\frac{1}{4}$  teaspoonful salt.
- 2 cupfuls flour.
- 2 tablespoonfuls cocoa.
- 1 teaspoonful cinnamon.

Cream the fat, add the sugar gradually, then the sour milk. Mix and sift the flour, soda, baking powder, salt, cocoa and cinnamon and add them to the first mixture. Beat well, turn into a greased pan and bake in a moderate oven about 35 minutes.

### BARLEY CHOCOLATE CAKE

- $1\frac{1}{2}$  cupfuls barley flour.
- 3 teaspoonfuls baking powder.
- $\frac{1}{4}$  teaspoonful soda.
- 1 egg yolk.
- 1 cupful corn syrup.
- $\frac{1}{4}$  cupful water.
- 2 tablespoonfuls cooking oleomargarine.
- $1\frac{1}{2}$  squares chocolate.
- 1 teaspoonful vanilla.

Mix and sift the dry ingredients. Beat egg yolk, add sugar and water, beat well. Melt oleomargarine and chocolate together. Combine liquid and dry ingredients, mix thoroughly, add vanilla. Bake in greased muffin tins or as a loaf.

### RYZON DATE CAKE

- 2 eggs.
- $\frac{1}{2}$  cupful milk.
- 1 cupful brown sugar.
- 1-3 cupful butter.
- 3 teaspoonfuls baking powder.

1¼ cupfuls flour.

¼ teaspoonful salt.

1 teaspoonful ginger (powdered).

½ teaspoonful nutmeg (powdered).

½ pound stoned and sliced dates.

Cream the butter, add the sugar gradually and the eggs well beaten. Mix and sift the flour, baking powder, salt and spices and add to first mixture alternately with the milk. Add the dates, pour into a buttered and floured square cake pan and bake 35 minutes in a moderate oven.

### GOLD CAKE

¼ cupful butter.

½ cupful sugar.

Yolks 5 eggs.

1 teaspoonful orange extract.

⅞ cupful flour.

1½ teaspoonfuls baking powder.

¼ cupful milk.

Cream the butter, add sugar slowly, and continue beating. Add the yolks of eggs beaten until thick and lemon-colored, and the orange extract. Mix and sift the flour with the baking powder, and add alternately with milk to the first mixture. Bake in a buttered and floured tin

### HONEY CAKE

2 eggs.

½ cupful butter.

1 cupful milk.

1 cupful honey.

2 teaspoonfuls baking powder.

¼ teaspoonful salt.

3 cupfuls flour.

Cream the butter and gradually beat in the honey. Beat eggs and stir into this first mixture. Sift the baking powder with the flour; add the milk to the creamed honey and butter, and beat in the flour. Bake a rich brown in a moderate oven. Time about one hour.

#### OLD-FASHIONED SOUR CREAM CAKES

- 1 egg.
- Sour cream.
- 1 cupful maple syrup.
- 2 cupfuls flour.
- 4 teaspoonfuls baking powder.
- 1 teaspoonful cinnamon.
- $\frac{1}{2}$  teaspoonful salt.

Break the egg in a cup and fill the cup with sour cream. To this add the maple syrup. Mix and sift the dry ingredients and add to the first mixture. Bake in cupcake pans about 20 minutes. Makes 16 cakes.

#### APPLE SAUCE CAKE

- $\frac{1}{2}$  cupful lard or butter substitute.
- 1 cupful sugar.
- 1 cupful hot apple sauce.
- 2 cupfuls flour (scant measure).
- 1 teaspoonful soda.
- 1 teaspoonful baking powder.
- $\frac{1}{4}$  teaspoonful each of cinnamon, cloves, nutmeg, and salt.
- 1 cupful seedless raisins.

Cream the fat, and the sugar gradually, mixing thoroughly. Mix and sift the flour, soda, baking powder, salt and spices to the first mixture, add the raisins which have been washed and chopped. Bake in a greased loaf pan in a slow oven about one hour.

### WAR CAKE (By Augustus Nulle and Rene Anjard of the Waldorf Astoria)

Two cupfuls of brown sugar, two cupfuls of hot water, two tablespoonfuls of lard, one package raisins, one teaspoonful of salt, one teaspoonful of ground cinnamon, one teaspoonful of ground cloves.

Cook all these ingredients for five minutes after they begin to boil. When cold, add three cupfuls of flour, one teaspoonful baking soda dissolved in one teaspoonful hot water. Bake in two loaves for forty-five minutes in a slow oven. This cake is better at the end of a week or two.

### FRUIT CAKE

2 cupfuls dried apples.

Cold water.

1 cupful molasses.

1 cupful sugar.

2-3 cupful butter substitute.

2 eggs.

1 cupful seedless raisins.

1 teaspoonful soda.

2 cupfuls flour.

1 teaspoonful cinnamon.

$\frac{1}{2}$  teaspoonful cloves.

$\frac{1}{4}$  teaspoonful nutmeg.

$\frac{1}{4}$  teaspoonful salt.

Soak the apples several hours in cold water to cover. Chop the apples and cook with the sugar and molasses until the apples are soft. Add the fat, cool, add the eggs well beaten and the flour mixed and sifted, with the soda, spices and salt. Add the raisins, turn into a loaf tin lined with oiled paper and bake one hour in a slow oven.





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### GINGERBREAD

$\frac{1}{4}$  cupful melted butter substitute.

1 cupful molasses.

1 cupful sour milk.

$2\frac{1}{4}$  cupfuls flour.

1 teaspoonful soda.

2 teaspoonfuls ginger.

$\frac{1}{2}$  teaspoonful salt.

Melt the fat, add the molasses and sour milk. Mix and sift the dry ingredients and add to the liquid. Bake 15 minutes in greased muffin pans, having the pans 2-3 filled with the mixture.

### CREAM PUFFS

1 cupful boiling water.

$\frac{1}{2}$  teaspoonful salt.

1-3 cupful butter.

$1\frac{1}{2}$  cupfuls flour.

4 eggs.

Whipped cream or custard.

Bring the water, salt and butter together to the boiling point; stir in the flour and cook till the mixture leaves the sides of the saucepan clean. When cooled, add the eggs one at a time, beating each one in thoroughly. Drop by tablespoonfuls some distance apart on greased baking-pans, and bake one-half hour in a moderate oven. When cold, split and fill with sweetened whipped cream or thick custard.

—*Rumford Complete Cook Book.*

CHAPTER XXIII

CAKE FROSTINGS

**PLAIN FROSTING**

White of egg.  
2 teaspoonfuls cold water.  
 $\frac{1}{2}$  teaspoonful vanilla, or  
 $\frac{1}{2}$  teaspoonful lemon juice.  
 $\frac{3}{4}$  cupful confectioner's sugar.

Beat the egg white stiff, add water and sugar, and beat well. Add flavoring and more sugar if needed. Spread on cake with a broad knife.

**CHOCOLATE FROSTING**

Chocolate frosting is made by adding a square of melted chocolate to the recipe for plain frosting when about half the sugar is in.

**BOILED FROSTING**

1 cupful granulated sugar.  
1-3 cupful hot water.  
1 egg white.  
1 teaspoonful flavoring.

Boil the sugar and water together, without stirring, till a thread is formed, when a little is dropped from a spoon. Beat the white of the egg, and pour the hot syrup over it, beating all the time. Add the flavoring, and beat till thick enough to spread.

One square of melted chocolate may be added when the syrup is poured on the egg or brown sugar may be used in place of granulated.

### MAPLE SYRUP FROSTING

- 1 cupful maple syrup.
- 1 white of egg, well beaten.

Boil syrup until it spins a thread. Beat egg well and pour hot syrup over it, beating constantly with an egg beater. When it begins to thicken, spread on cake. This will frost a three layer cake.

### WHITE MOUNTAIN CREAM

Put 1 cupful sugar, 3 tablespoonfuls water and 1 egg white unbeaten into the upper part of a double boiler. Have the water in the lower part of boiler, boiling, put the upper part of boiler in place and beat with the egg beater eight minutes or until the frosting feels sugary around the edge of the dish. Remove from fire at once, cool, add  $\frac{1}{2}$  teaspoonful vanilla and spread on cake.

Double chocolate and white frosting.—Spread the cake with White Mountain Cream and pour on a thin layer of melted chocolate, spread quickly to cover the white frosting.

### FUDGE FROSTING

- 2 cupfuls sugar.
- 2 squares chocolate.
- $\frac{3}{4}$  cupful milk.
- 1 tablespoonful butter.
- $\frac{1}{2}$  teaspoonful vanilla.

Boil the sugar, chocolate and milk together until a little dropped in cold water will form a soft ball. Add the butter, remove from fire, cool, add vanilla, beat until creamy and spread on cake.

### CARAMEL FROSTING

- $1\frac{1}{2}$  cupfuls brown sugar.
- $\frac{3}{4}$  cupful thin cream or milk.
- 1 tablespoonful butter.
- $\frac{1}{2}$  teaspoonful vanilla.

Put the sugar, cream (or milk) and butter into a saucepan and cook gently till a little dropped in cold water forms a soft ball. Remove from the fire, cool, add the flavoring and beat till thick enough to spread.

### PLAIN ORANGE ICING

Grated rind and strained juice of 1 orange.

About  $1\frac{1}{2}$  cupfuls powdered sugar.

Put the rind and juice of the orange into a bowl, add the sugar (sifted) till the mixture is thick enough to spread.

### ORANGE ICING

Put yolk of 1 egg into a bowl and beat until light colored. Then add the strained juice from one orange and mix thoroughly. Add gradually, beating continuously, enough fine powdered sugar to make an icing stiff enough to spread nicely. It will require 1 pound of sugar.

### MOCHA FROSTING

1 tablespoonful butter.

2 tablespoonfuls cocoa.

$2\frac{1}{2}$  tablespoonfuls strong coffee.

$1\frac{1}{2}$  cupfuls confectioner's sugar.

$\frac{1}{2}$  teaspoonful vanilla.

Cream the butter, add the cocoa and sugar gradually. As the mixture thickens, thin with the coffee, adding a few drops at a time. Add the vanilla, beat well and when creamy spread the frosting on the cake.

### MARSHMALLOW FILLING

1 cupful brown sugar.

$1\frac{1}{2}$  ounces marshmallows (about 12).

White of 1 egg.

$\frac{1}{2}$  cupful water.

Few drops vanilla.

Cook sugar and water without stirring until it reaches the thread stage. Add syrup slowly to the beaten white. Add marshmallows cut in pieces. Beat mixture until cool enough to spread. Add flavoring.

### DATE AND FIG FILLING

- 1 cupful figs.
- 1 cupful dates.
- $\frac{1}{4}$  cupful chopped nutmeats.
- $\frac{1}{2}$  cupful sugar.
- $\frac{1}{2}$  cupful boiling water.
- 1 tablespoonful lemon juice.

Wash, dry and chop the figs and nuts; wash dry, stone and chop the dates. Mix the fruit, sugar, water and lemon juice and cook slowly, stirring all the time until thick enough to spread.

### CHOCOLATE CUSTARD FILLING

- 1 cupful milk.
- $\frac{1}{2}$  cupful maple sugar or granulated sugar.
- 2 tablespoonfuls cornstarch.
- $\frac{1}{4}$  teaspoonful salt.
- 1 square chocolate.

Scald the milk and sugar. Mix the cornstarch and salt with two tablespoonfuls of cold milk; add to the first mixture; add the chocolate. Cook fifteen minutes, stirring all the time during first five minutes of cooking. Remove from fire and cool. Spread between layers of plain spice or chocolate cake.





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CHAPTER XXIV

COOKIES

**SUGAR COOKIES**

- $\frac{1}{2}$  cupful butter
- 1 cupful sugar.
- 1 egg.
- $\frac{1}{4}$  cupful milk.
- 2 cupfuls flour.
- $\frac{1}{2}$  teaspoonful salt.
- 3 teaspoonfuls baking powder.
- 1 teaspoonful vanilla.

Cream the butter, add the sugar gradually, and cream well with a wooden spoon. Sift the salt and baking powder with the flour. Add the milk gradually to the sugar mixture, then add the well beaten egg, the vanilla, and the flour gradually to make a soft dough. Turn out on a floured board and roll a small portion at a time to  $\frac{1}{4}$  inch thickness. Cut with a floured cookie cutter, place on greased pan and bake in a moderate oven until slightly brown (about 10 minutes). Makes 4 dozen cookies.

**GINGER SNAPS**

- $\frac{1}{2}$  cupful shortening.
- 1 cupful molasses.
- $3\frac{1}{4}$  cupfuls flour.
- 1 teaspoonful salt.
- $\frac{1}{2}$  teaspoonful soda.
- 1 tablespoonful ginger.
- $\frac{1}{2}$  cupful sugar.

Heat the molasses to the boiling point; then add the shortening, which may be vegetable fat or half vegetable fat and half lard. Mix and sift the dry ingredients and add to the liquid. Mix well and chill. Divide the mixture, turn on a floured board, using a small portion of dough at a time, roll very thin. Use as little flour as possible, cut and bake on greased baking sheets in a quick oven. Makes 5 dozen cookies.

### GINGER PUFFS

1 cupful molasses (or use  $\frac{1}{2}$  cupful molasses and  $\frac{1}{2}$  cupful Karo).

$\frac{1}{2}$  cupful sugar.

1 cupful hot water.

3 tablespoonfuls butter substitute.

1 teaspoonful soda.

$\frac{1}{4}$  teaspoonful each of ginger, cinnamon and salt.

Flour.

Combine the molasses, sugar, hot water and melted shortening. Mix and sift the soda, salt and spices with 1 cupful flour and add to the first mixture. Add enough more sifted flour to make the batter stiff enough to hold its shape when dropped from a spoon. Drop by spoonfuls on a greased baking pan and bake in a slow oven.

### OATMEAL DROP COOKIES

$1\frac{3}{4}$  cupfuls flour.

2 cupfuls rolled oats.

$\frac{1}{2}$  cupful brown sugar.

$\frac{3}{4}$  teaspoonful cinnamon.

$\frac{3}{4}$  teaspoonful salt.

$\frac{1}{2}$  teaspoonful cloves.

$\frac{1}{4}$  teaspoonful nutmeg.

$2\frac{1}{2}$  teaspoonfuls baking powder.

$\frac{1}{2}$  cupful corn syrup.

$\frac{3}{4}$  cupful milk.

$\frac{1}{2}$  cupful melted fat.

$\frac{3}{4}$  cupful raisins, seeded and cut into halves.

Sift together the flour, salt, spices, and baking powder; add raisins and oatmeal. To the corn syrup add melted fat, milk and brown sugar. Add liquid mixture gradually to the dry ingredients. Stir well and drop by small teaspoonfuls on a greased baking sheet. Bake about 15 minutes in a moderate oven. This makes about 72 cookies.

### HONEY DROP COOKIES

$\frac{3}{4}$  cupful honey.

$\frac{1}{4}$  cupful fat.

1 egg.

$1\frac{1}{2}$  cupfuls white flour.

$\frac{3}{4}$  cupful rice flour.

$\frac{1}{2}$  teaspoonful soda.

2 tablespoonfuls water.

1 cupful raisins, cut in small pieces.

$\frac{1}{4}$  teaspoonful salt.

Heat the honey and fat until fat melts. Sift together the flour, soda, and salt. To the cooled honey mixture add egg well beaten, water and raisins. Add gradually to the dry ingredients. Drop by spoonfuls on a greased sheet. Bake in a slow oven for about 12 to 15 minutes. This makes about 42 cookies.

$\frac{1}{2}$  teaspoonful cinnamon and  $\frac{1}{4}$  teaspoonful cloves may be added to the honey mixture.

### CHOCOLATE COOKIES

1 cupful sugar.

2 eggs.

$\frac{1}{2}$  cupful milk.

1 cupful raisins and nuts.

1-3 cupful melted butter substitute.

- 1 teaspoonful soda.
- 2 cupfuls flour.
- $\frac{1}{2}$  teaspoonful salt.
- 3 squares chocolate.
- 1 teaspoonful vanilla.

Mix the melted butter substitute with the sugar. Add the beaten yolks and melted chocolate to this. Sift the flour with soda and salt, add the milk and half the flour to the sugar and eggs. Mix well. Add the raisins with the remainder of the flour. Add beaten whites and vanilla and beat well. Drop from the spoon to bake on buttered baking sheets. May be frosted with fudge frosting.

#### PECAN CAKES

- 2 eggs.
- $\frac{1}{2}$  cupful molasses.
- $\frac{1}{2}$  cupful corn syrup.
- $\frac{3}{4}$  cupful flour.
- $\frac{1}{4}$  teaspoonful baking powder.
- $\frac{1}{2}$  teaspoonful salt.
- 1 cupful chopped pecans.

Beat the eggs slightly and add the molasses and corn syrup to them. Mix and sift the flour, baking powder and salt and stir these ingredients into the first mixture. Add the chopped nuts and fill shallow, individual, greased tins half full of the mixture. Place a nut in the centre of each cake and bake them in a quick oven for fifteen minutes, reducing the heat after they have baked five minutes. This recipe yields twenty-four cakes.

#### HERMITS

- 1-3 cupful butter.
- 2-3 cupful sugar.
- 1 egg.
- 2 tablespoonfuls milk.
- $1\frac{3}{4}$  cupfuls flour.

2 teaspoonfuls baking powder.

1-3 cupful raisins, stoned and cut in small pieces.

$\frac{1}{2}$  teaspoonful cinnamon.

$\frac{1}{4}$  teaspoonful clove.

$\frac{1}{4}$  teaspoonful mace.

$\frac{1}{4}$  teaspoonful nutmeg.

Cream the butter, add sugar gradually, then raisins, egg well beaten, and milk. Mix and sift dry ingredients and add to first mixture. Drop by spoonfuls on a greased baking sheet. (Fannie M. Farmer.)

### MARGUERITES

2 eggs.

1 cupful brown sugar.

1-3 teaspoonful salt.

$\frac{1}{2}$  teaspoonful vanilla.

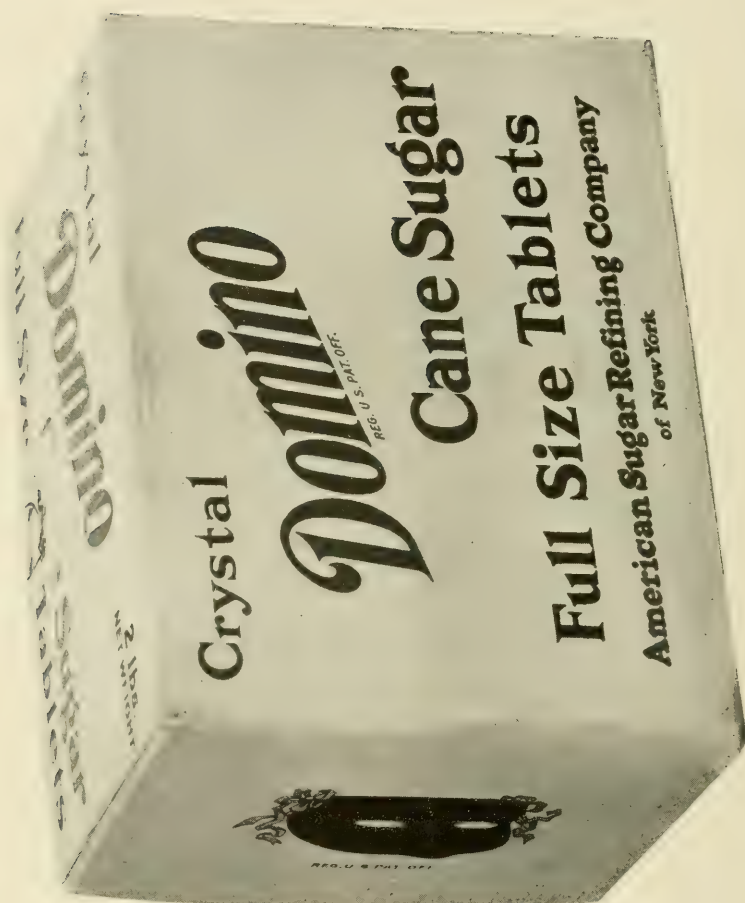
$\frac{1}{2}$  cupful pastry flour.

$\frac{1}{4}$  teaspoonful baking powder.

$\frac{3}{4}$  cupful chopped pecan or walnut meats.

Beat eggs until creamy, add the sugar and salt and beat until light with the egg-beater. Add the vanilla and the flour mixed and sifted with the baking powder, add the nut meats. Bake in shallow, individual pans in a moderate oven. (Ida C. B. Allen.)





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*Laura A. Hunt.*

## CHAPTER XXV

### CONFECTIONS

Candy is a useful food when eaten at the proper time, at the close of a meal. Homemade candy is cheaper and purer than that bought in many stores.

#### EFFECTS OF HEAT ON SUGAR

Sugar undergoes several changes during the process of cooking. The terms "soft ball," "hard ball," "thread," "the crack," or "brittle" and "caramel" are used in making candy to distinguish the different temperatures and changes.

1. "Soft ball" is the stage of heating sugar when a little dropped into cold water and then rolled in the fingers forms a soft ball.

2. "Hard ball" is the stage when sugar similarly tested makes a hard ball in the fingers.

3. "Thread" is a higher temperature stage when the sugar spins a thread when dropped from a spoon.

4. The "crack" or "brittle" stage is reached when the sugar immediately hardens and crackles when dropped into cold water.

5. "Caramel" is the stage at which the heat causes the sugar to turn brown.

Utensils for candy-making are: 1. A large agate or iron kettle, as sugar burns very easily. 2. A wooden spoon or paddle for mixing. 3. Buttered tins or a marble slab for cooling.

## THE HOUSEKEEPER

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At the following stages the thermometer registers:

	Centigrade	Fahrenheit
Soft ball stage	$113\frac{1}{2}^{\circ}$ to $117^{\circ}$	$236^{\circ}$ to $242^{\circ}$
Hard ball stage	$123\frac{1}{2}^{\circ}$	$254^{\circ}$
Crack stage	$127^{\circ}$ to $135^{\circ}$	$260^{\circ}$ to $275^{\circ}$
Hard crack stage	$143$ to $153^{\circ}$	$290^{\circ}$
Caramel stage	$149^{\circ}$ to $176^{\circ}$	$300^{\circ}$ to $350^{\circ}$

### THERMOMETER SCALE

	Degrees		Degrees
The thread	226	Good crack	271
Good thread	236	Hard crack	310
Soft ball	240	High cook	330
Small ball	244	Extra high cook	345
Large or hard ball	250	Caramel	360
Slight Snap	261		

### SALTED NUTS

Remove the skins from shelled nuts by placing in boiling water for few minutes when the skins may be rubbed off. Dry them. Put a little vegetable fat in a frying pan. Add nuts and fry until delicately browned, stirring constantly. Remove with small skimmer. Drain on paper and sprinkle with salt.

### PARISIAN SWEETS

Put through the meat chopper 1 pound of prepared dates, figs and nut meats. Add 1 tablespoonful orange juice, a little grated orange peel, and  $\frac{1}{4}$  cupful of honey or syrup. Mold into balls and roll in chopped nuts or cocoanut or chocolate. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired. Melted chocolate may be added to the mixture before molding.

MOLASSES

### POPCORN BALLS

1 cupful syrup, 1 tablespoonful vinegar, and 2 to 3 quarts of popped corn. Boil together the syrup and vinegar until the syrup hardens when dropped in cold water. (Crack stage.) Pour over the freshly popped corn and mold into balls or fancy shapes. Either honey, maple syrup, molasses, white cane syrup, or corn syrup may be used.

### MOLASSES CANDY

- 2 cupfuls molasses.
- 1 cupful brown sugar.
- 2 tablespoonfuls butter
- $\frac{1}{2}$  cupful water.
- 2 tablespoonfuls vinegar.

Put all the ingredients except the vinegar, into a large saucepan and cook quickly till a little of the mixture dropped into cold water feels brittle; add the vinegar, cook two minutes more and pour into a greased pan to cool. As soon as it can be easily handled, pull with the fingers till white. Cut into pieces before it is too hard.

### BUTTER SCOTCH

- 1 cupful granulated sugar.
- 1 cupful Karo.
- 2 tablespoonfuls butter.

Cook all the ingredients together without stirring until the mixture reaches the crack stage when tested in cold water. Pour into buttered pan in a thin layer and mark into squares while warm.

### PEANUT CANDY

- 2 cupfuls sugar.
- 1 cupful shelled and chopped peanuts.

Put the sugar into a smooth frying pan and stir with the bowl of the spoon until melted, keeping the spoon flat. Remove immediately from the fire and stir in the nuts. When it begins to stiffen pour upon the oiled bottom of an inverted pan, shape with knives, and cut into squares.

## DOUBLE FUDGE, OR FUDGE AND PENOCHE

(Fudge)

2 cupfuls sugar.

2 squares chocolate.

$\frac{1}{2}$  teaspoonful vanilla.

2-3 cupful milk and 1 tablespoonful butter or 2-3 cupful cream.

Boil the sugar, chocolate and milk or cream together to the soft ball stage. Add the butter, cool, add vanilla and beat until creamy. Spread in a buttered pan to cool.

(Penoche)

2 cupfuls brown sugar.

$\frac{1}{2}$  cupful cream, or

$\frac{1}{2}$  cupful milk and 1 tablespoonful butter.

1 teaspoonful vanilla.

1 cupful walnut meats.

Boil the sugar and milk or cream to the soft ball stage, add the butter and nuts, cool, add vanilla and beat until creamy; then pour on top of the fudge already in the pan. When cool cut in squares.

## FIG FUDGE

$\frac{1}{8}$  teaspoonful cream of tartar.

$\frac{1}{4}$  lb. chopped figs.

$1\frac{1}{2}$  cupfuls brown sugar.

Speck of salt.

1 tablespoonful butter.

1 cupful water.

1 teaspoonful lemon extract.

Wash and dry the figs, then chop them. Put the sugar and water into a saucepan, and dissolve, add the butter and cream of tartar, and when the mixture boils, add the figs. Boil to a soft ball when tried in cold water, or  $240^{\circ}$  F., stirring all the time. Remove the pan from the fire, add the lemon extract and salt, cool five minutes, then stir until it begins to grain and quickly pour into buttered tin. Mark in squares while warm.



### CHOICE CARAMELS

- 1 pound sugar (2 cupfuls).
- $\frac{3}{4}$  cupful Karo.
- $\frac{1}{4}$  pound butter ( $\frac{1}{2}$  cupful).
- 1 pint cream (2 cupfuls).

Put the sugar, Karo, butter and half of the cream over the fire and stir until the mass boils thoroughly. Then stir in gradually, so as not to stop the boiling, the second cupful of cream. Put the sugar thermometer in, let the mixture boil, stirring every three or four minutes, until the thermometer registers 250° F. Then stir in a teaspoonful of vanilla, and turn into two brick shaped bread pans, nicely buttered, or-onto an oiled marble between steel bars, to make a sheet  $\frac{3}{4}$ -inch thick. When nearly cold cut in cubes. Roll them at once in waxed paper or let stand 24 hours to dry off. Without a thermometer boil the mass to a pretty firm hard ball. No better caramels can be made. In summer the caramels will hold their shape better if boiled from 2 to 4 degrees higher.

### MAPLE KISSES

- 2 cupfuls maple sugar.
- $\frac{3}{4}$  cupful water.
- 2 tablespoonfuls butter.
- 1 cupful shelled pecan nuts.

Cook the water, sugar and butter till a little dropped in cold water forms a firm ball; add the nuts, stir till the mixture begins to cool and thicken, and then drop, in small spoonfuls, on a greased paper or plate.

### COCOANUT KISSES

- 2 cupfuls sugar.
- 1 cupful milk.
- $\frac{1}{4}$  cupful cocoanut.
- 1 teaspoonful vanilla.
- Speck of salt.

Boil the sugar, milk and salt to the soft ball stage. Remove from the fire, set the saucepan in a dish of cold water and leave until thick. Remove from the water, beat, add the cocoanut and vanilla. When creamy pour into a buttered pan and mark in squares or drop by spoonfuls on greased paper.

### DIVINITY FUDGE

2 cupfuls brown sugar.

$\frac{1}{2}$  cupful water.

1 teaspoonful vanilla extract.

$\frac{1}{2}$  cupful chopped nuts.

1 egg white.

Boil the sugar and water together till a little dropped in cold water forms a soft ball. Pour the hot mixture over the stiffly-beaten white of the egg, beating while pouring. Add nuts and extract and beat vigorously till the candy stiffens. When nearly set drop by spoonfuls on paper. When cold the candy will harden so that it can be easily taken from the paper.

### SYRUP NOUGATINES

Boil  $1\frac{1}{2}$  cupfuls light corn syrup and  $\frac{1}{2}$  cupful water to 246 degrees F., or until it forms a firm ball when tried in cold water. Pour slowly onto the well-beaten white of an egg, beating constantly with a wire whisk. Place the bowl over water kept just below the boiling point and fold and turn 3 or 4 minutes. Remove from fire, add  $\frac{1}{2}$  teaspoonful of vanilla or other flavoring and continue folding until the mixture is nearly cool. Add 1 cupful chopped salted peanuts or a mixture of any desired candied fruits and nuts. Spread  $\frac{1}{2}$  inch thick on wax paper, cover with wax paper and cut in squares.

### **TUTTI FRUTTI BALLS**

1 cupful puffed rice or corn, 1 cupful seedless raisins, 1 cupful stoned dates, 1 cupful figs,  $\frac{1}{2}$  cupful chopped nut meats, 1 tablespoonful chopped angelica or citron,  $\frac{1}{2}$  cupful chopped candied orange peel, and 2 teaspoonfuls vanilla extract. Put the rice, fruits, orange peel and nut meats through a food chopper, stir well adding the extract. Make into small balls and allow to dry. Roll in shredded cocoanut.

### **CANDIED APPLE OR FRUIT**

One pound apples (which do not cook readily). Peel and cut into the size desired. Place in 1 cupful of syrup and boil slowly until the apple becomes transparent. Take the apple out one piece at a time and drain on a fork. Let stand on wax paper 3 to 4 hours, roll in finely chopped cocoanut. Other fruits: pineapple, pears and quinces may be used in place of apples. Syrups which have given good results with the above fruits: Sorghum honey, sorghum and glucose (half and half), corn, maple, cane. Fruit is improved if allowed to stand in the syrup overnight before draining.

### **STUFFED DATES**

Use the best dates, wash and remove the stones, fill with peanuts, walnuts, hickory nuts or any nuts available. Peanut butter makes a good filling that is different. Press dates in shape and roll in chopped nuts, cocoanut or a mixture of cocoa and powdered cinnamon.

### **STUFFED PRUNES**

Steam 1 pound of prunes and remove the stones. Stuff part of the prunes, each with another prune, stuff others with chopped salted nuts, or stuff with a mixture of 1 cupful each of raisins and walnuts and a few candied cherries. Another suggestion is to stuff prunes with stiff orange marmalade.

### CHOCOLATE DAINTIES OR BITTER SWEETS

Melt bitter sweet chocolate in double boiler, remove from the fire and beat until cool. In this dip nuts or sweet fruits and place on oiled paper.

### GLACÉ NUTS

2 cupfuls granulated sugar.

$\frac{1}{8}$  teaspoonful cream of tartar.

2-3 cupful boiling water.

Boil the sugar, water and cream of tartar together till a little dropped in cold water is brittle and clear. Do not stir while cooking. If the sugar becomes too hard, add a tablespoon of water and cook and test again. Dip the prepared nuts in the hot syrup, one at a time, using a candy dipper or sugar tongs, being careful not to shake or stir the syrup, place on paper or plate to harden.

### GLACÉ FRUITS

The same mixture is used for fruits. Cut Malaga grapes from the bunch, leaving a short stem on each. Divide an orange into sections, use Maraschino cherries. See that the fruit is free from moisture, dip in the syrup and place on paraffin paper.

### FONDANT No. 1

5 cups ( $2\frac{1}{2}$  lbs.) sugar.

$2\frac{1}{2}$  cupfuls of water.

$\frac{1}{4}$  teaspoonful cream of tartar.

Place all in a saucepan and stir till dissolved. Boil without stirring to the soft ball stage ( $114\frac{1}{2}$  C. or 238 F. if soft fondant is desired or 116 2-3 C. or 242 F. for harder fondant). To prevent crystallization, either boil for the first ten minutes with the cover on, or from time to time wash down the sides of the pan with a swab of cloth wet in hot water. Pour on an oiled platter and cool till it can

be handled. Beat with a knife or wooden spoon till creamy; then gather into the hands and knead till soft and velvety. Keep in a jar at least 24 hours before using. Or proceed as before but cool in a platter to 90 F., 32 C., and beat till creamy and pour into a jar. When wanted for use, melt in a double boiler over hot water.

### FONDANT No. 2

4 cupfuls granulated sugar.

$\frac{1}{4}$  teaspoonful cream of tartar, or

3 drops of vinegar.

$1\frac{1}{2}$  cupfuls cold water.

Stir the sugar and water in a saucepan, place at the back of the range until the sugar is melted, then draw the saucepan to a hotter part of the range and stir until the boiling point is reached; add the cream of tartar or vinegar and with a cloth wet in cold water, wash down the sides of the saucepan, to remove any grains of sugar that have been thrown there. Cover the saucepan and let boil rapidly three or four minutes. Remove the cover, set in the thermometer if one is to be used — and let cook very rapidly to 240 F. or the soft ball stage. Dampen a marble slab or a large platter, then without jarring the syrup turn it onto the marble or platter. Do not scrape out the saucepan or allow the last of the syrup to drip from it, as any sugary portions will spoil the fondant by making it grainy. When the syrup is cold, with a spatula or a wooden spoon, turn the edges of the mass towards the center, and continue turning the edges in until the mass begins to thicken and grow white, then work it up into a ball, scraping all the sugar from the marble into the mass.

Knead it slightly, then cover closely with a heavy piece of cotton cloth wrung out of cold water. Let the sugar stand for an hour or longer to ripen, then remove the damp cloth and cut the mass into pieces; press these closely into a bowl, cover with a cloth wrung out of water (this cloth

must not touch the fondant) and then with heavy paper. The fondant may be used the next day, but it is in better condition after several days, and may be kept almost indefinitely, if the cloth covering it be wrung out of cold water and replaced once in 5 or 6 days. Fondant may be used, white or delicately colored with vegetable coloring pastes, or as frosting for small cakes, or eclairs, or for making candy "centers," to be coated with chocolate or with some of the same fondant tinted and flavored appropriately.

### CANDIES MADE FROM FONDANT

#### CREAM MINTS

Melt fondant over hot water, flavor with a few drops of oil of peppermint, wintergreen, clove, cinnamon, or orange and color if desired. Drop from a spoon on oiled paper.

#### BONBON FONDANT

Let fondant stand twenty-four hours or more in an earthenware bowl covered with several thicknesses of wet cloth. To dip bonbons heat the fondant by setting it in a pan of hot water over the stove and stirring constantly. A double boiler may be used for this purpose. Dip the centers by transfixing them with a fork and set them to cool on sheets of waxed paper. This recipe is suitable for all sorts of nuts, fruits, and other centers. The fondant may be colored as desired.

### CREAM CANDIES

#### CHOCOLATE CREAMS

Mold fondant into cone-shaped balls with the hands or fingers. Let them stand overnight on waxed paper or a marble slab, or until they are thoroughly hardened. If they are allowed to stand twenty-four hours or more all the better.



### COATING FOR CHOCOLATE CREAMS

Melt a cake of chocolate in a double boiler. When melted add a lump of paraffin as big as a small walnut, half as much butter, and a few drops of vanilla.

### TO COAT CHOCOLATE CREAMS

Place the pan of melted chocolate in a larger pan of boiling water. This keeps the chocolate melted. Place the creams on waxed paper at the left, and a sheet of waxed paper to receive the coated chocolates at the right. Take up the creams by thrusting them through with a two-tined fork, dip them quickly in the chocolate, and slip them off on the waxed paper.

FIRELESS COOKER

## CHAPTER XXVI

### THE FIRELESS COOKER\*

#### INTRODUCTION

The principle employed in the fireless cooker has long been known and may be briefly stated as follows: If a hot body is protected by a suitable covering the heat in it will be retained for a long time instead of being dissipated by radiation or conduction. In using a fireless cooker the food is first heated on the stove until the cooking has begun and then it is placed in the fireless cooker, a tight receptacle in which the food is completely surrounded by some insulating substance, which prevents the rapid escape of the heat so that it is retained in the food in sufficient quantity to complete the cooking. Sometimes an additional source of heat, such as a hot soapstone or brick, is put into the cooker with the food where a higher cooking temperature is desired.

One of the chief advantages of the fireless cooker is that it accomplishes a saving in fuel, especially where gas, kerosene, or electric stoves are used. Where coal or wood is the fuel, the fire in the range is often kept up most of the day and the saving of fuel is less. In summer or when the kitchen fire is not needed for heating purposes, the dinner can be started on the stove early in the morning and then placed in the fireless cooker, the fire in the range being allowed to go out. During hot weather the use of a kerosene or other liquid-fuel stove and a fireless cooker is a great convenience, since it not only accomplishes a saving in fuel but helps to keep the kitchen cooler. As would be expected, the saving in fuel resulting from the use of a fireless cooker is greatest in the preparation of foods like stews, which require long and slow cooking.

\*"Homemade Fireless Cookers and Their Use," Bulletin 77, U. S. Department of Agriculture.

The great convenience of the fireless cooker is that it saves time, for foods cooked in it do not require watching and may be left to themselves while the cook is occupied with other duties, or the family is away from home, without danger from fires or overcooking the food. Its use, therefore, may enable a family to have home cooking instead of boarding, or hot meals instead of cold foods. Another advantage of the use of the fireless cooker is that it makes it easier to utilize cheaper cuts of meat, which, although not having as fine a texture or flavor, are fully as nutritious, pound for pound, as the more expensive cuts. Long cooking at relatively low temperature, such as is given foods in the fireless cooker, improves the texture and flavor of these tougher cuts of meat.

### HOW TO MAKE A HOMEMADE FIRELESS COOKER

While there are many good fireless cookers on the market, it is possible to construct a homemade cooker which, if properly built, will give very satisfactory results and is cheaper than one which is purchased. The materials needed are a box or some other outside container, some good insulating or packing material, a kettle for holding the food, a container for the kettle or a lining for the nest in which the kettle is to be placed, and a cushion or pad of insulating material to cover the top of the kettle.

For the outside container a tightly built wooden box, is probably the most satisfactory. A small barrel, or a large butter or lard firkin or tin may be used. Another possibility is a galvanized-iron bucket with a closely fitting cover; this latter has the advantage of being fireproof. A box, 15 by 15 by 28 inches, is convenient in size, since it may be divided into two compartments. The box should have a hinged cover, and at the front side a hook and staple or some other device to hold the cover down; an ordinary clamp window fastener answers the latter purpose very well. Whatever the container used, its size, which depends upon the size of the kettle used, should be

large enough to allow for at least 4 inches of packing material all around the nest in which the kettle is placed.

The kettles used for cooking should be durable and free from seams or crevices, which are hard to clean. They should have perpendicular sides and the covers should be as flat as possible and provided with a deep rim shutting well down into the kettle to retain the steam. It is possible to buy kettles made especially for use in fireless cookers; these are provided with covers which can be clamped on tightly. The size of the kettle should be determined by the quantity of food to be cooked. Small amounts of food can not be cooked satisfactorily in large kettles, and it is therefore an advantage to have a cooker with compartments of two or more different sizes. Kettles holding about 6 quarts are of convenient size for general use. Tinned iron kettles should not be used in a fireless cooker, for, although cheap, they are very apt to rust from the confined moisture. Enameled ware kettles are satisfactory, especially if the covers are of the same material. Aluminum vessels may be purchased in shapes which make them especially well adapted for use in fireless cookers and, like enameled ware, they do not rust.

Fireless cookers are adapted to a much wider range of cooking if they are provided with an extra source of heat, since a higher cooking temperature may thus be obtained than if hot water is depended upon as the sole source of heat. Obviously this introduces a possible danger from fire in case the hot stone or other substance should come into direct contact with inflammable packing material like excelsior or paper. To avoid this danger a metal lining must be provided for the nest in which the cooking vessel and stone are to be put. As an extra source of heat a piece of soapstone, brick, or an iron plate, such as a stove lid, may be used. This is heated and placed in the nest under the cooking vessel; sometimes an additional stone is put over the cooking vessel.

The container for the cooking vessel, or the lining for the nest in which it is to be put, should be cylindrical in shape; should be deep enough to hold the cooking kettle and stone, if one is used; and should fit as snugly as possible to the cooking vessel, but at the same time should allow the latter to be moved in and out freely. If the cylinder is too large the air space between it and the kettle will tend to cool the food. For this purpose a galvanized iron or other metal bucket may be used or, better still, a tinsmith can make a lining of galvanized iron or zinc which can be provided with a rim to cover the packing material. In case no hot stone or plate is to be used in the cooker, the lining can be made of strong cardboard.

For the packing and insulating material a variety of substances may be used. Asbestos and mineral wool are undoubtedly the best, and have the additional advantage that they do not burn. Ground cork (such as is used in packing Malaga grapes), hay, excelsior, Spanish moss, wool, and crumpled paper may also be used satisfactorily. Of the inexpensive materials that can be obtained easily, crumpled paper is probably the most satisfactory, since it is clean and odorless and, if properly packed, will hold the heat better than some of the others. To pack the container with paper, crush single sheets of newspaper between the hands. Pack a layer at least 4 inches deep over the bottom of the outside container, tramping it in or pounding it in with a heavy stick of wood. Stand the container for the cooking vessel, or the lining for the nest, in the center of this layer and pack more crushed papers about it as solidly as possible. If other packing, such as excelsior, hay, or cork dust, is used, it should be packed in a similar way. Where an extra source of heat is to be used, it is much safer to pack the fireless cooker with some non-inflammable material, such as asbestos or mineral wool. If a fireproof packing material is not used a heavy pad of asbestos paper should be put at the bottom of the metal nest



and a sheet or two of asbestos paper should be placed between the lining of the nest and the packing material. Whatever packing material is used, it should come to the top of the container for the kettle, and the box should lack about 4 inches of being full. A cushion or pad must be provided to fill completely the space between the top of the packing and the cover of the box after the hot kettles are put in place. This should be made of some heavy goods, such as denim, and stuffed with cotton, crumpled paper, or excelsior.

### HOW TO USE THE FIRELESS COOKER

Obviously the fireless cooker must be used with intelligence to obtain the best results. It is best suited to those foods which require boiling, steaming, or long, slow cooking in a moist heat. Foods can not be fried in it, pies can not be baked successfully in the ordinary fireless cooker, nor can any cooking be done which requires a high, dry heat for browning. Meats, however, may be partially roasted in the oven and finished in the cooker, or may be begun in the cooker and finished in the oven with much the same results as if they were roasted in the oven entirely. The classes of food best adapted to the cooker are cereals, soups, meats, vegetables, dried fruits, steamed breads, and puddings.

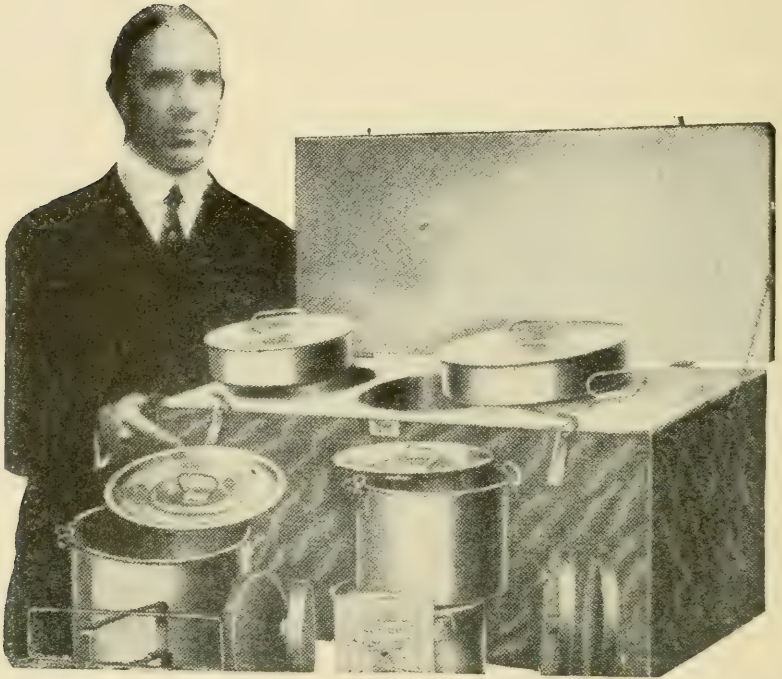
When different foods are cooked together in the fireless cooker they must be such as require the same amount of cooking, since the cooker can not be opened to take out food without allowing the escape of a large amount of heat and making it necessary to reheat the contents. It would not do to put foods which need about one and one-half hours to cook into the cooker with a piece of meat which would stay several hours.

The size of the container used in cooking with the fireless cooker should be governed according to the amount of food to be cooked. Small quantities of food can not be cooked satisfactorily in a large kettle in the fireless cooker. If a large kettle must be used better results will be obtained if

some other material which holds heat fairly well is used to fill up the empty space. This may be accomplished in several ways. One is to put the small quantity of food to be cooked into a smaller, tightly closed kettle, fill the large kettle with boiling water and put the small kettle into it, standing it on an inverted bowl or some other suitable support. This boiling water will take up and hold the heat better than air would. Several smaller dishes (if tightly covered) may be placed in the kettle surrounded by boiling water. Baking-powder or other tins often are found useful for this purpose. Another way is to place one food in a basin which just fits into the top of a large kettle and to let some other material, some vegetable perhaps, cook in the water in the bottom of the kettle. Two or more flat, shallow kettles placed one on top of the other so as to fill the cooker enables one to cook small amounts of different foods successfully. Such kettles, made especially for use in fireless cookers, may be purchased.

The time which each kind of food should stay in the cooker depends both on the nature of the food and on the temperature at which it remains inside the cooker, and before recipes for use with the fireless cooker can be prepared one must have some means of knowing how temperatures are preserved in it. In experiments made in this office a 6-quart kettle was filled with boiling water and put into the cooker, the packing of which happened to be newspaper. The temperature of the water, which was  $212^{\circ}$  F. when put into the cooker, was found to be  $172^{\circ}$  F. after four hours had elapsed and  $155^{\circ}$  F. after eight hours had elapsed. This shows the advisability of the common custom of allowing food to remain undisturbed in the cooker for at least six or eight hours, or in some cases overnight. If a soapstone, hot brick, or other extra source of heat is used, less time will be required. Materials which are denser than water (sugar sirup as used in cooking dried fruit), and therefore can be heated to a higher degree, will keep up the temperature longer when put into the cooker. Thus the

## RAPID FIRELESS COOKER



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

density of the food material, as well as the amount and the length of time that the apparatus retains the heat, must be taken into consideration in determining how long different materials must be cooked in the cooker.

The recipes for dishes to be prepared in the fireless cooker differ somewhat from those for foods cooked in the ordinary way, chiefly in the amount of water or other liquids called for. Less liquid should be put into the food to be prepared in an ordinary fireless cooker, since there is no chance for water to evaporate. The cook must be guided largely by experience in deciding how long the food should be heated before being put into the cooker and how long it should be allowed to remain there. Fortunately there are several good fireless cookbooks on the market whose directions can be relied upon.

### RECIPES FOR USE WITH THE FIRELESS COOKER

The following recipes, prepared by Miss Ola Powell and Miss Mary E. Creswell, have been used in extension work in the Southern States.

#### CREOLE CHICKEN

- 1 medium-sized chicken.
- 6 tomatoes or 1 No. 2 can tomatoes.
- 3 sweet red peppers cut into small cubes.
- 3 sweet green peppers cut into small cubes or 1 No. 2 can of peppers.
- $\frac{1}{4}$  pound ham or 2 or 3 slices bacon chopped finely.
- 1 bay leaf.
- 1 tablespoon chopped parsley.
- 2 teaspoons salt.
- 1 onion (size of egg).
- 2 tablespoons butter or bacon drippings.

Cut chicken as for stew; sear by dropping it into 1 pint boiling water, then let simmer gently for one-half hour.

Cook the chopped onion in the butter or meat drippings until light yellow. Simmer tomatoes for 15 minutes with the bay leaf, strain, and pour over the onions. Now add the minced ham and parsley and cook for 15 minutes longer. To this mixture add the chopped peppers and the chicken stock and bring to a boil. Put the chicken into the fireless-cooker vessel, pour over it this mixture of vegetables and let boil 5 minutes. Put at once into the fireless cooker. With the hot soapstone, let the chicken stay in the cooker for 2 hours; without hot stone, for 3 hours.

A ham bone may be substituted for the ham or bacon. If this is done, boil it for one-half hour in enough water to cover. Then add 1 cup of the ham broth to the tomato before cooking it with the bay leaf. This recipe gives a good way to use chicken too old to fry or broil. A similar dish can be made by using a quart of canning club soup mixture. When necessary, thicken the broth with a little browned flour before putting the chicken into the cooker.

## CEREALS

*Hominy Grits.*—Five cups water, 2 teaspoons salt, 1 cup hominy grits. Pick over and wash hominy grits. Have the salted water boiling and add the hominy slowly, so as not to stop the boiling. Continue to boil rapidly for 10 minutes over the fire, then put the vessel into the cooker as quickly as possible and allow to remain (overnight) for about 12 hours. The vessel of hominy may be placed in another vessel of boiling water before being placed in the cooker.

*Samp (coarse hominy).*—One-half cup samp soaked in 1 cup cold water 6 hours. Add 1½ teaspoons salt and 3 cups boiling water. Boil rapidly 45 minutes. Put into cooker for 8 to 12 hours.

*Oatmeal.*—Three cups water, 1 teaspoon salt, 1 cup oatmeal. Carefully look over the oatmeal and remove any husks of foreign substance. Add gradually to the boiling,



salted water and boil rapidly for 10 minutes, stirring constantly. Now it may be put into the cooker. After 2 or 3 hours it is soft, but a better flavor will be developed by longer cooking. It may remain in the cooker over-night in the same manner the hominy grits are cooked (about 12 hours). Next morning it may have to be reheated. To do this, set the cooker pan in a pan of water over the fire. When the water boils up well, the oatmeal may be served.

*Plain Rice.*—One cup rice, 3 cups water,  $1\frac{1}{2}$  teaspoons salt. Look over and wash the rice through several waters, until cloudiness is removed. Bring the salted water to a boil. One-half teaspoon lard may be added. Then add rice gradually to the boiling water in the cooker vessel so as not to stop the boiling. The grains should be kept moving in the boiling water and allow to boil 5 minutes before putting it into the cooker for 45 minutes or an hour.

There is a considerable difference in rice. Old rice absorbs more water than new rice and the time for cooking it will vary. An hour will be sufficient usually for this small amount. Rice is injured by overcooking. When rice is tender, drain in colander and place in warm oven for about 5 minutes. Serve at once. Sometimes it is well after draining rice in colander to pour cold water over it. This will wash away the starchy substance between the grains, and keep them from adhering or sticking together. Then place the colander in a hot oven to heat and dry out the rice. If desired the lard may be omitted. It lends a brilliancy to the rice grains when cooked.

*Rice in Pilaf* (an oriental mixture).—Two cups stock, 1 cup rice, 2 tablespoons butter, 1 teaspoon sugar, 2 slices onion, 6 ripe tomatoes or 1 cup canned tomato juice, 1 teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, 1 tablespoon chopped green sweet pepper may be added.

Look over and wash the rice. Chop the onion very finely and fry in 1 tablespoon of the butter until yellow. Add to it the boiling juice of the tomatoes and the boiling broth and allow all to boil before adding the rice gradually so



as not to stop the boiling. Boil mixture about 5 minutes and place in cooker 1 hour. When ready to serve, add 1 tablespoon butter. Stir with a fork to mix evenly. Pilaf is injured by overcooking.

## SOUPS

*Vegetable Soup* (made without stock).—One-half cup carrots,  $\frac{1}{2}$  cup turnips, 1 cup potatoes,  $\frac{1}{2}$  cup onions,  $\frac{1}{2}$  cup cabbage, 3 cups tomato juice or 1 No. 3 can tomatoes, 1 tablespoon flour, 2 teaspoons salt, 1 tablespoon celery seed (crushed), 1 quart water, 4 tablespoons butter,  $\frac{1}{2}$  tablespoon parsley,  $\frac{1}{4}$  teaspoon pepper.

Cut all vegetables (except potatoes and onions and parsley) into small pieces. Cook them for 10 minutes in 3 tablespoons butter. Add potatoes and cook 3 minutes longer. Mix all ingredients (except parsley) in the cooker utensil and boil 5 minutes. Mix 1 tablespoon butter and 1 tablespoon flour; add enough of the liquor to make it smooth and pour it into the mixture. Cook 5 minutes more and put into the cooker for 4 to 6 hours.

*Creole Soup* (made with stock).—Stock: Two pounds shin beef (meat and bone).  $1\frac{1}{2}$  quarts water. Cut the meat from the bone into small pieces. Crack the bone and soak 1 hour in cold water. Bring to a boil slowly and when boiling place in the cooker for 5 to 7 hours. When cooked, strain and set away to cool. The cake of fat which forms on top when stock is cold seals the stock and keeps out air and germs and should not be removed until soup is to be made. Then fat is removed and stock heated and any seasonings or additions desired are put in.

To 1 quart of this stock or 1 quart water in which chicken has been cooked, add 1 quart of canned soup mixture and 2 tablespoons rice or barley, bring to a boil and cook in cooker 2 to 3 hours. This will make a delightful soup.

*Meat and Vegetable Combinations*.—With the less tender cuts of beef and mutton which require long, slow cooking,

delicious dishes may be prepared by adding vegetables and cooking in the fireless cooker.

Cut the meat into cubes, dredge with flour, and brown it in meat drippings or lard and butter. Then brown the onions in the same fat. For every 3 or 4 cups of meat use one of the following vegetable combinations or 1 quart of canning club soup mixture. Put into the fireless cooker vessel and add 1 cup boiling water with the first combination or 2 cups water with the second one. Boil for 5 minutes and put into cooker for 3 or 4 hours

### *First*

- 2 cups okra.
- 2 cups tomatoes.
- 2 onions.
- 1½ teaspoons salt.
- 1⁄8 teaspoon pepper.

### *Second*

- 2 cups potatoes.
- 1 cup turnips.
- 1 cup carrots.
- 2 onions.
- ½ cup celery or 1 tablespoon celery seed, crushed.

The following recipes, prepared by Mrs. K. C. Davis and Miss Angeline Wood, have been used in demonstrations in connection with the extension work in the Northern and Western States:

## CEREAL BREAKFAST FOODS

Cereal breakfast foods should be prepared at night while the fire for supper is hot. Measure the required quantity of boiling water into the cooker kettle; add salt and cereal; let boil 10 minutes and place in box overnight. Reheating in the morning will probably be necessary. In winter enough for two or three breakfasts may be cooked at once and reheated as wanted. The food in the inner kettle should be cooked about five minutes before placing in the outer kettle. Then the whole should stand over the flame until

the water boils in the outer kettle. Any other kind of breakfast cereal may be cooked by adopting these general directions.

The raw cereal breakfast foods, such as plain oatmeal, hominy, cracked wheat, etc., cost less than those which are partly cooked by steam at the factory, but frequently housekeepers prefer not to use them because they require so many hours of cooking. A cooking box, however, is especially well adapted for cooking just this sort of material. Even the cereal preparations which are partly cooked at the factory and are supposed to need only a few minutes cooking to make them ready for the table are much improved by long, slow cooking such as they get in the cooking box. The flavor and texture of cereal breakfast foods are influenced by the length of time they are cooked, and with the cooking box it is easily possible to secure the texture and flavor dependent upon long slow cooking.

### SOUPS

The cheap cuts of meats are rich in the food materials that make palatable dishes, and the bones and scraps are good for making wholesome soup. If care is taken to use material which might otherwise be wasted, the real expense for most meat soups is in the long cooking required. The long-continued, slow cooking which a tough piece of meat obtains in the cooking box and the thorough extraction to which bones and soup meat are subjected mean that the cooking box makes stews, ragouts, and similar dishes and soups cheap foods for the table. American families do not, as a rule, use as much soup as do foreigners, and thus they miss a useful and pleasant addition to the daily bill of fare, and one which may be served without much extra work or expense, if rightly prepared.

For making soup stock or broth with the cooking box, the soup bones should be well split up, or the soup meat should be cut into small pieces. Wash the meat, place it in the kettle, and cover with cold water. Bring to a boil

on the stove and boil 15 minutes. Do this at night if the soup is to be used at noon the next day. Place in the cooker overnight. In the morning remove meat and bones from soup. Strain and remove fat. Return soup and meat to kettle, adding whatever seasoning is desired. Bring to a boiling point again and return it to the box and let remain until noon. This stock may be used as a foundation for several soups, such as vegetable soup, clear soup, or noodle soup.

Beef soup may be varied almost indefinitely by the different seasonings which may be added. There is scarcely a vegetable grown which is not good in beef soup. In winter many of the dried vegetables, such as beans, peas, lentils, etc., are excellent for this purpose.

Dried Lima beans, peas, and lentils make excellent soup without meat. Since they require long-continued cooking, they are well adapted to fireless-cooker methods. These dried vegetables, cooked with less water and no meat, rubbed through a coarse sieve and made into the proper consistency with milk or thin cream, and seasoned to taste, make so-called "cream" soups. Soups made by thinning the cooked legumes with water and seasoning with onion (fried until pale brown), with celery tops, and other vegetables are very palatable also.

### MEATS

Some cuts of meats which are not so readily prepared for the table by the usual methods are especially palatable if cooked in the cooking box. The experimenter will soon learn that in cooking meats the amount of boiling over the flame and the time in the box will depend upon the size of the pieces of meat being cooked. Meat cut into pieces for stew will heat through more readily and cook in a shorter time than will a large ham, for example. Most recipes for stews, pot roasts, boiled meats, and similar dishes can be readily adapted to the fireless cooker and save time and

fuel. The following recipes are all well adapted to the cooking box, as all of them are dishes which require considerable time for their preparation by the usual methods.

*Pot roast.*—Use any preferred cut. Sear in hot fat in a skillet. Place the meat in the cooker kettle with boiling water. Boil gently for 30 minutes (20 minutes will suffice if the roast is 3 pounds or less). Place in the cooker over night. Reheat in the morning, season, and return to the cooking box until noon. Thicken some of the liquor for gravy. If it is desired to slice cold for next dinner, return meat to liquor and let stand until wanted.

*Brown fricassee of chicken.*—Joint the chicken and brown in fat after rolling in flour. As pieces brown pack them in the kettle. When all are browned make gravy in the skillet where the browning was done. Add this to the chicken with enough boiling water to cover. Salt and pepper. Boil 20 minutes. Place in box over night. Reheat and return to box until noon. This length of time in the box will reduce the toughest old fowl on the farm to a state where the meat will fall from the bones.

*Roast meat.*—Prepare a 4-pound rib roast as for oven roasting. It can be tied more compactly if the ribs are removed. Place in pan in very hot oven for half an hour, or sear the roast until brown in a frying pan and then place it in the oven for 20 minutes. Have ready a small pail into which the roast will fit as closely as possible. Place the seared and heated roast in this and set it into the large kettle used in the box, with enough boiling water to come well up around the small pail. Place in the box for three hours.

*Roasting tough poultry.*—Many housewives make a practice of stewing chicken or turkey which they think is likely to be tough, and the practice is a good one. It is, however, much easier to boil for 15 or 20 minutes and then put the fowl, boiling hot, into the cooker and let it remain 10 hours. It should then be drained, wiped dry, and stuffed, if stuffing is desired, and roasted long enough to brown it well.



*Boiled dinner.*—Cook a piece of corned beef and a piece of salt pork in the cooker overnight. In the morning prepare all the vegetables it is desired to use and place in the kettle with meat. The greater the variety the better the dinner. Boil 10 or 15 minutes and return to the cooker. It is best to leave potatoes until an hour and a quarter before serving, as they are the only vegetables likely to suffer from too long a time in the cooker. When they are added bring the contents of the kettle to the boiling point again. The liquid from the boiled dinner makes a good soup if the corned beef and salt pork have been parboiled to remove some of the salt.

### FRESH VEGETABLES

Carrots, peas, string beans, onions, beets, turnips, parsnips, salsify, and in fact all vegetables may be cooked in the cooking box. They must be given time according to their age. A safe rule for all green vegetables is two and a half times as long in the cooker as if boiled on the stove. This method is particularly good for such vegetables as onions, cabbage, and cauliflower, as there is no escape of odor from the cooker. A further advantage with cabbage, cauliflower, and other green vegetables is that overcooking is avoided. When green vegetables are cooked too long in boiling water they turn yellow and lose their fine flavor. This they do not do so readily at the same temperature of the cooking box.

*Boston beans and other dried vegetables.*—In cooking dry beans, the time required either in the oven or the cooking box will vary with the length of time the beans have been kept; the older the beans the more cooking required. Soak 1 quart of beans overnight; in the morning drain them and cover with cold water and heat to boiling. Let boil until the skins will burst when touched very lightly, adding one-fourth teaspoon of soda a few minutes before taking from the fire. Drain through a colander. Return to the kettle



and add 1 teaspoon of salt, 1 teaspoon of mustard, 3 tablespoonfuls molasses, and one-half pound of salt pork, washed and scraped, and cover with boiling water. Let boil 20 or 30 minutes, then place in the cooking box. If the beans are new, six hours in the box will be long enough. Old beans require longer cooking and should be left in the box overnight, then reheated in the morning, and returned to the box. They will be ready to serve for the midday meal.

Dried vegetables, such as peas, beans, Lima beans, lentils, or corn may be soaked in cold water several hours, and then after the preliminary boiling of a few minutes kept from 6 to 12 hours in the cooker. They may be cooked with salt pork, and thus prepared they are liked by many, or they may be cooked with vegetable oil, as olive oil, or they may be cooked plain and seasoned with salt, pepper, and butter or cream. The longer, then, dry vegetables are cooked in the box the more palatable and the more digestible they will be.

### **DRIED FRUITS**

In the case of dried fruits as well as dried vegetables long continued slow cooking is desirable. A common method is as follows: Wash the fruit well and let it soak in cold water until it has regained its natural size, and then place on the back of the range and allow it to remain there for 20 minutes, but do not allow it to boil. When fruit is cooked in the cooking box, it should be washed and soaked in the way described, heated in the water in which it has been soaked, not quite to the boiling point, and then placed in the cooker for five or six hours. Because less water evaporates than when cooking on the stove, a smaller proportion of water will be needed for good results. If too much is used the sirup will not be quite so rich as usual. Fruit should always be cooked in an enamelware or an earthenware dish, as tin or iron may impart an unpleasant flavor to acid fruit, and also give it an undesirable color.

## PUDDINGS AND STEAMED BREADS

Steamed or boiled puddings, or such as require long, slow cooking, and steamed bread, like Boston brown bread, are the kinds best adapted to the cooking box. Every family has its favorite recipes and these may be used, as the method of procedure is the same for cooking all such foods.

The steamed or boiled puddings or breads should be placed in molds well buttered. For this purpose pound baking powder cans are excellent. Coffee cans or other tin boxes of suitable size with covers will do. After filling about two-thirds full to allow for the expansion or rising of the batter or dough, the cans are placed in the cooker kettle and should have the covers put on before the boiling begins. If any covers are missing, paper may be tied tightly over the tops. If there are not enough cans to fill the kettle so that they will not tip over when the boiling water is poured around them, an empty can or two may be wedged in, to hold the others in place. Fill the kettle as full as possible with boiling water, as the more water the longer the heat will be retained. Place the kettle on the stove and boil for a full half hour and then keep the kettle and contents in the cooking box three to six hours, or longer if the cans are large ones. This applies particularly to breads or puddings made with wheat flour. If they contain cornmeal or graham flour they should be cooked for a longer time in the cooker.

On removing from the cooker it is a good plan to set the loaves of bread in a hot oven for 10 minutes to dry them a little.

## TIME TABLE FOR USE WITH FIRELESS COOKER

### TIME TABLE FOR CEREALS

Kind	Quantity	Water	Time on Stove	Time in Cooker Without Soap- stone
Farina	1 cupful	4 cupfuls	10 minutes	3 hours
Rice	1 cupful	4 cupfuls	5 minutes	3 hours
Macaroni	1 cupful	3 cupfuls	10 minutes	2 hours

TIME TABLE FOR MEAT

Meat	Time on Stove	Time in Cooker Without Soapstone
Beef Stew	1 hour	8 hours
Boiled Ham	1 hour	over night
Year Old Fowl	30 minutes	6 hours
Chicken	20 minutes	6 hours
Veal Loaf	45 minutes	5 hours
Boiled Dinner	1 hour	8 hours
Roast Lamb	30 minutes	6 hours
Pot Roast	1 hour	10 hours
Roast Veal	30 minutes	6 hours
Stuffed Steak	45 minutes	6 hours

TIME TABLE FOR PUDDINGS

Pudding	Time on Stove	Time in Cooker Without Soapstone
Plum	1 hour	over night
Baked Custard	20 minutes	3 hours
Rice Pudding	10 minutes	3 hours
Apple Tapioca	10 minutes	3 hours
Bread	30 minutes	2 hours
Steamed Fruit	30 minutes	4 hours

GLASS JARS

## CHAPTER XXVII

### PRESERVATION—CANNING OF VEGETABLES AND FRUITS

*National War Garden Commission Bulletin.*

#### **CANNING OF VEGETABLES AND FRUITS**

The preservation of foodstuffs by Canning is always effective Food Thrift. It enables the individual household to take advantage of summer's low prices for vegetables, even if no garden has been planted. It effects the saving of a surplus of foodstuffs that would otherwise be wasted through excess of supply over immediate consumption. It eliminates the cold storage cost that must be added to the prices of commodities bought during the winter. Of vital importance, also, is that it relieves the strain on transportation facilities of the country. All this increases the need for Home Canning and proves that this is a national obligation.

#### **CANNING MADE EASY BY MODERN METHODS**

By the Single Period Cold-Pack method it is as easy to can vegetables as to can fruits and it is more useful. By the use of this method canning may be done in the kitchen or out of doors. It may be done in the individual household or by groups of families. Community canning is important in that it makes possible the use of the best equipment at small individual outlay and induces Food Conservation on a large scale.

### COMMUNITY WORK

One of the best methods to follow in canning and drying operations is for several families to club together for the work. The work may be carried on at a schoolhouse, in a vacant storeroom, at the home of one of the members or at some other convenient and central location where heat and water can be made available. By joining in the purchase of equipment each participant will be in position to save money as against individual purchases and at the same time have the advantage of larger and more complete equipment. The cost is slight when thus divided and the benefits very great to all concerned.

### STERILIZATION OF FOOD

The scientist has proven that food decay is caused by microorganisms, classed as bacteria, yeasts and molds. Success in canning necessitates the destruction of these organisms. A temperature of 160° to 190° F. will kill yeasts and molds. Bacteria are destroyed at a temperature of 212° F. held for the proper length of time. The destruction of these organisms by heat is called sterilization.

### METHODS OF CANNING

There are five principal methods of home canning. These are:

1. Single Period Cold-Pack Method.
2. Fractional or Intermittent Sterilization Method.
3. Open Kettle or Hot-Pack Method.
4. Cold Water Method.

Of these methods the one recommended for home use is the Single Period Cold-Pack Method. It is much the best



because of its simplicity and effectiveness and detailed instructions are given for its use. The outlines of the various methods are as follows:—

1. Single Period Cold-Pack Method: The prepared vegetables or fruits are blanched in boiling water or live steam, then quickly cold-dipped and packed at once into hot jars and sterilized in boiling water or by steam pressure. The jars are then sealed, tested for leaks and stored. Full details of this method are given on the pages following.

2. Fractional or Intermittent Sterilization Method: Vegetables are half sealed in jars and sterilized for one hour or more on each of three successive days. This method is expensive as to time, labor and fuel and discourages the home canning of vegetables.

3. Open Kettle or Hot-Pack Method: Vegetables or fruits are cooked in an open kettle and packed in jars. There is always danger of spores and bacteria being introduced on spoons or other utensils while the jars are being filled.

“The fruit is cooked in syrup until tender, then packed in sterilized jars. The jars should be filled to overflowing, the hot rubber adjusted and the tops fastened on at once.

To sterilize: Place clean jars and tops on a rack in a kettle of cold water, being sure that jars are completely covered by the water. Place the kettle over the fire, bring the water to the boiling point and boil 10 minutes. Dip the rubbers into boiling water. Do not remove jars from the water until you are ready to use them.”

This method should never be used in canning vegetables. Even with fruits it is not as desirable as the cold-pack.

4. Cold-water Method: Rhubarb, cranberries, gooseberries, and sour cherries, because of their acidity, are often canned by this method. The fruits are washed, put

in sterilized jars, cold water is added to overflowing, and the jar is then sealed. This method is not always successful as the acid content varies with the ripeness and the locality in which the fruits are grown.

### **ADVANTAGES OF THE SINGLE PERIOD COLD-PACK METHOD**

The Single Period Cold-Pack Method is a simple and sure way of canning. It insures a good color, texture and flavor to the vegetable or fruit canned. In using this method sterilization is completed in a single period, saving time, fuel and labor. The simplicity of the method commends it. Fruits are put up in syrups. Vegetables require only salt for flavoring and water to fill the container.

Another advantage is that it is practicable to put up food in small as well as large quantities. The housewife who understands the process will find that it pays to put up even a single container. Thus, when she has a small surplus of some garden crop she should take the time necessary to place this food in a container and store it for future use. This is true household efficiency.

### **SINGLE PERIOD COLD-PACK EQUIPMENT**

The Home-made Outfit: A serviceable Single Period Cold-pack canning outfit may be made of equipment found in almost any household. Any utensil large and deep enough to allow an inch of water above jars, and having a closely fitting cover, may be used for sterilizing. A wash-boiler, large lard can or new garbage pail serves the purpose when canning is to be done in large quantities. Into this utensil should be placed a wire or wooden rack to hold the jars off the bottom and to permit circulation of water underneath the jars. For lifting glass top jars use two buttonhooks or similar device. For lifting screw-top jars, suitable lifters may be bought for a small sum.

A milk carrier makes a good false bottom, and if this is used the jars may be easily lifted out at the end of the sterilization period.

### COMMERCIAL HOT-WATER BATH OUTFITS

These are especially desirable if one has considerable quantities of vegetables or fruits to put up. They are convenient for out-door work, having firebox and smoke pipe all in one piece with the sterilizing vat. As with the home-made outfit, containers are immersed in boiling water.

*Water Seal Outfits.*—These are desirable, as the period of sterilization is shorter than in the home-made outfit and less fuel is therefore required. The outfit consists of two containers, one fitting within the other, and a cover which extends into the space between the outer and the inner container. The water jacket makes it possible for the temperature in the inner container to be raised above 212°.

*Steam Pressure Outfits.*—Canning is very rapid when sterilization is done in steam maintained at a pressure. There are several canners of this type. Each is provided with pressure gauge and safety valve and they carry from 5 to 30 pounds of steam pressure. This type is suitable for home or community canning.

*Aluminum Pressure Outfits.*—These cookers are satisfactory for canning and for general cooking. Each outfit is provided with a steam pressure gauge and safety valve.

### CONTAINERS.

For home use glass jars are more satisfactory for canning than tin. Tin cans are used chiefly for canning on a large scale for commercial purposes. Glass jars properly cared for will last for years. All types of jars which seal readily may be used. Jars having glass tops held in place by bails are especially easy to handle while they are hot.



You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*

Tops for Economy jars must be purchased new each year.

Containers made of white glass should be used if the product is to be offered for sale or exhibition, as blue glass detracts from the appearance of the contents.

Small-necked bottles can be used for holding fruit juices. Large-mouthed bottles can be used for jams, marmalades and jellies.

### TESTS FOR JARS AND RUBBERS

Jars should be tested before they are used. Some of the important tests are here given:

*Glass-top Jars.*—Fit top to jar. If top rocks when tapped it should not be used on that jar. The top ball should not be too tight nor too loose. If either too tight or too loose the ball should be taken off and bent until it goes into place with a light snap. All sharp edges on top and jar should be filed or scraped off.

*Screw-top Jars.*—Use only enameled, lacquered or vulcanized tops. Screw the top on tightly without the rubber. If thumb nail can be inserted between top and jar, the top is defective. If the edge is only slightly uneven it can be bent so that it is usable. Put on the rubber and screw on the top tightly, and then pull the rubber out. If the rubber returns to place the top does not fit properly and should not be used on that jar.

*Rubbers.*—Be very particular about the rubbers used. Buy new rubbers every year, as they deteriorate from one season to another. It is always well to test rubbers when buying. A good rubber will return to its original size when stretched. When pinched it does not crease. It should fit the neck of the jar snugly and be fairly wide and thick. It is cheaper to discard a doubtful rubber than to lose a jar of canned goods.



### GRADING

Vegetables and fruits should be sorted according to color, size and ripeness. This is called grading. It insures the best pack and uniformity of flavor and texture to the canned product, which is always desirable.

### BLANCHING AND COLD-DIPPING

The most important steps in canning are the preliminary steps of blanching, cold-dipping, packing in hot, clean containers, adding hot water at once, then immediately half sealing jars and putting into the sterilizer. Spoilage of products is nearly always due to carelessness in one of these steps. Blanching is necessary with all vegetables and many fruits. It insures thorough cleansing and removes objectionable odors and flavors and excess acids. It reduces the bulk of greens and causes shrinkage of fruits, increasing the quantity which may be packed in a container, which saves storage space.

Blanching consists of plunging the vegetables or fruits into boiling water for a short time. For doing this place them in a wire basket, or a piece of cheesecloth. The blanching time varies from one to fifteen minutes, as shown in the time-table.

Spinach and other greens should not be blanched in hot water. They must be blanched in steam. To do this place them in a colander and set this into a vessel which has a tightly-fitting cover. In this vessel there should be an inch or two of water, but the water must not be allowed to touch the greens. Another method is to suspend the greens in the closed vessel above an inch or two of water. This may be done in a wire basket or cheesecloth. Allow the water to boil in the closed vessel from fifteen to twenty minutes.

When the blanching is complete remove the vegetables or fruits from the boiling water or steam and plunge them once or twice into cold water. Do not allow them to stand



ALARM CLOCK

in the cold water. This latter process is the Cold Dip. It hardens the pulp and sets the coloring matter in the product.

### ESSENTIALS FOR CANNING

It is important to plan your work so that whatever may be needed will be ready for use. Arrange everything conveniently in advance. Preliminary provisions include:

1. A reliable alarm clock in a convenient place (set to ring when the sterilizing is done).

2. All the necessary equipment in place before beginning work.

3. Jars, tops and rubbers carefully tested.

4. Fresh, sound fruits and vegetables.

5. Reliable instructions carefully followed.

6. Absolute cleanliness.

7. If working alone, prepare only enough vegetables or fruits to fill the number of jars that the sterilizer will hold. Always blanch and cold-dip only enough product to fill one or two jars at a time. As soon as the jar is filled and the rubber and top bail adjusted the jar must be put into the hot-water bath.

8. In using the hot-water bath outfit, count the time of sterilization from the time water begins to boil. The water in the sterilizer should be at or just below the boiling point when jars are put in. With the Water Seal Outfit begin counting time when the thermometer reaches 214° F. With the Steam Pressure Outfit begin counting time when the gauge reaches the number of pounds called for in directions.

### STEPS IN THE SINGLE PERIOD COLD-PACK METHOD

In canning by the Single Period Cold-Pack Method it is important that careful attention be given to each detail.

Do not undertake canning until you have familiarized yourself with the various steps, which are as follows:

1. Vegetables should be canned as soon as possible after being picked; the same day is best. Early morning is the best time for gathering them. Fruits should be as fresh as possible.

2. Before starting work have on the stove the boiler or other holder in which the sterilizing is to be done, a pan of boiling water for use in blanching and a kettle of boiling water for use in filling jars of vegetables; or, if canning fruits, the syrup to be used in filling the jars. Arrange on the working table all necessary equipment, including instructions.

3. Test jars and tops. All jars, rubbers and tops should be clean and hot.

4. Wash and grade product, according to size and ripeness. (Cauliflower should be soaked 1 hour in salted water, to remove insects if any are present. Put berries into a colander and wash, by allowing cold water to flow over them, to prevent bruising.)

5. Prepare vegetable or fruit. Remove all but an inch of the tops from beets, parsnips and carrots and the strings from green beans. Pare squash, remove seeds and cut in small pieces. Large vegetables should be cut into pieces to make close pack possible. The pits should be removed from cherries, peaches and apricots.

6. Blanch in boiling water or steam as directed.

7. Cold-dip, but do not allow product to stand in cold water at this or any other stage.

8. Pack in hot jars which rest on hot cloths or stand in a pan of hot water. Fill the jars to within  $\frac{1}{4}$  inch of tops. (In canning berries, to insure a close pack, put a 2 or 3 inch layer of berries on the bottom of the jar and press down gently with a wooden spoon. Continue in this manner with other layers until jar is filled. Fruits cut in half should be arranged with pit surface down.

9. Add salt and boiling water to vegetables to cover them. To fruits add hot syrup or water.

10. Place wet rubber and top on jar.

11. With bail-top jar adjust top bail only, leaving lower bail or snap free. With screw top jar screw the top on lightly, using only the thumb and little finger. (This partial sealing makes it possible for steam generated within the jar to escape, and prevents breakage.)

12. Place the jars on rack in boiler or other sterilizer. If the home-made or commercial hot water bath outfit is used enough water should be in the boiler to come at least one inch above the tops of the jars, and the water, in boiling out, should never be allowed to drop to the level of these tops. In using the hot-water bath outfit, begin to count sterilizing time when the water begins to boil. Water is at the boiling point when it is jumping or rolling all over. Water is not boiling when bubbles merely form on the bottom or when they begin to rise to the top. The water must be kept boiling all during the period of sterilization.

13. Consult time-table and at the end of the required sterilizing period remove the jars from the sterilizer. Place them on a wooden rack or on several thicknesses of cloth to prevent breakage. Complete the sealing of jars. With bail-top jars this is done by pushing the snap down, with screw top jars, by screwing cover on tightly.

14. Turn the jars upside down as a test for leakage and leave them in this position till cold. Let them cool rapidly, but be sure that no draft reaches them, as a draft will cause breakage. (If there is any doubt that a bail-top jar is perfectly sealed a simple test may be made by loosening the top bail and lifting the jar by taking hold of the top with the fingers. The internal suction should hold the top tightly in place when thus lifted. If the top comes off put on a new wet rubber and sterilize 15 minutes longer for vegetables and 5 minutes longer for fruits.) With screw-top jars try the tops while the jars are cooling, or as soon

as they have cooled, and, if loose, tighten them by screwing on more closely.

15. Wash and dry each jar, label and store. If storage place is exposed to light, wrap each jar in paper, preferably brown, as light will fade the color of products canned in glass. The boxes in which jars were bought affords a good storage place.

### **SPECIAL INSTRUCTIONS FOR CANNING VEGETABLES**

The addition of 1 teaspoonful of salt to a jar of vegetables is for quart jars. For pint jar use  $\frac{1}{2}$  teaspoonful. For 2 quart jar use 2 teaspoonfuls.

### **ASPARAGUS**

Wash, scrape off scales and tough skin. With a string bind together enough for one jar. Blanch tough ends from 5 to 10 minutes, then turn so that the entire bundle is blanched 5 minutes longer. Cold-dip. Remove string. Pack, with tip ends up. Add 1 teaspoonful of salt and cover with boiling water. Put on rubber top and adjust top bail. Sterilize 120 minutes in hot water bath. Remove, complete seal and cool. With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### **BEETS**

Use only small ones. Wash and cut off all but an inch or two of root and leaves. Blanch 5 minutes, cold-dip and scrape off skin and stems. They may be packed in jar sliced or whole. Add 1 teaspoonful of salt and cover with boiling water. Put on rubber and top and adjust top bail. Sterilize 90 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### CABBAGE AND BRUSSELS SPROUTS

The method is the same as for cauliflower, except that the vegetables are not soaked in salted water. Blanch 5 to 10 minutes. Sterilize 120 minutes in hot-water bath.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### CARROTS

Select small, tender carrots. Leave an inch or two of stems, wash, blanch 5 minutes and cold-dip. Then remove skin and stems. Pack whole or in slices, add 1 teaspoonful of salt and cover with boiling water. Put on rubber and top and adjust top bail. Sterilize 90 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### CAULIFLOWER

Wash and divide head into small pieces. Soak in salted water 1 hour, which will remove insects if any are present. Blanch 3 minutes, cold-dip and pack in jar. Add 1 teaspoonful of salt and cover with boiling water. Put on rubber and top and adjust top bail. Sterilize 60 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 30 minutes at 5 to 10 pounds pressure.

### CORN

Canning corn on the cob, except for exhibition purposes, is a waste of space. For home use remove the husks and silk, blanch tender ears 5 minutes, older ears 10 minutes, cold-dip, and cut from cob. Pack lightly to within  $\frac{1}{2}$  inch of the top of the jar, as corn swells during sterilization. Add 1 teaspoonful of salt and cover with boiling water, put



on rubber and top, adjust top bail. Sterilize 180 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 90 minutes at 5 to 10 pounds pressure.

### GREENS

Wash until no dirt can be felt in the bottom of the pan. Blanch in steam 15 minutes. (Mineral matter is lost if blanched in water.) Cold-dip, cut in small pieces and pack or pack whole. Do not pack too tightly. Add 1 teaspoonful of salt to each jar and cover with boiling water. Put on rubber and top and adjust top bail. Sterilize 120 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### LIMA BEANS

Shell. Blanch 5 to 10 minutes. Cold-dip, pack in jar, add 1 teaspoonful of salt and cover with boiling water. Put on rubber and top, and adjust top bail. Sterilize 180 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### OKRA

Wash and remove stems. Blanch 5 to 10 minutes, cold-dip and pack in jar. Add 1 teaspoonful of salt and cover with boiling water. Put on rubber and top, adjust top bail. Sterilize 120 minutes in hot water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### PARSNIPS

The method is the same as for carrots.

### PEAS

Those which are not fully grown are best for canning. Shell, blanch 5 to 10 minutes and cold dip. Pack in jar, add 1 teaspoonful of salt and cover with boiling water. If the jar is packed too full some of the peas will break and give a cloudy appearance to the liquid. Put on rubber and top and adjust top-bail. Sterilize 180 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### PEPPERS

Wash, stem and remove seeds. Blanch 5 to 10 minutes, cold-dip and pack in jar. Add 1 teaspoonful of salt. Cover with boiling water, put on rubber and top and adjust top bail. Sterilize 120 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### PUMPKIN, WINTER SQUASH

Remove seeds. Cut the pumpkin or squash into strips. Peel and remove stringy center. Slice into small pieces and boil until thick. Pack in jar and sterilize 120 minutes in hot-water bath.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### SALSIFY

Wash, blanch 5 minutes, cold-dip and scrape off skin. It may be packed whole or in slices. Add 1 teaspoonful of salt, and cover with boiling water. Put on top and adjust top bail. Sterilize 90 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### STRING BEANS

Wash and remove ends and strings and cut into small pieces if desired. Blanch from 5 to 10 minutes, depending on age. Cold-dip, pack immediately in jar, add 1 teaspoonful salt and cover with boiling water. Put on rubber and top and adjust top bail. Sterilize 120 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### SUMMER SQUASH

Pare, cut in slices or small pieces and blanch 10 minutes. Cold-dip, pack in jars, add 1 teaspoonful of salt, cover with boiling water, put on rubber and top and adjust top bail. Sterilize 120 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 60 minutes at 5 to 10 pounds pressure.

### TOMATOES

Take medium-sized tomatoes. Wash them, blanch until skins are loose, cold-dip and remove the skins. Pack whole in jar, filling the spaces with tomato pulp made by cooking large and broken tomatoes until done and then straining and adding 1 teaspoonful of salt to each quart of the pulp. Put on rubber and top and adjust top bail. Sterilize 22 minutes in hot-water bath. Remove, complete seal and cool. With Steam Pressure Outfit sterilize 15 minutes at 5 to 10 pounds pressure.

Tomatoes may be cut in pieces, packed closely into jars and sterilized 25 minutes in hot-water bath. If this is done do not add any liquid.

## THE CANNING OF FRUITS

For fruits, as well as for vegetables, the Single Period Cold-Pack Method is best. With some exceptions, as shown in the table, fruits should be blanched before canning. When fruits are intended for table use, syrup should be poured over them to fill the jars. In canning fruits to be used for pie-filling or in cooking, where unsweetened fruits are desirable, boiling water is used instead of syrup. When boiling water is thus used the sterilization period in hot-water bath is thirty minutes.

### SYRUPS

In the directions given various grades of syrup are mentioned. These syrups are made as follows:

Thin—1 part sugar to 4 parts water.

Medium—1 part sugar to 2 parts water.

Thick—1 part sugar to 1 part water.

Boil the sugar and water until all the sugar is dissolved. Use thin syrup with sweet fruits. Use medium syrup with sour fruits. Thick syrup is used in candying and preserving.

## SPECIAL INSTRUCTIONS FOR CANNING FRUITS

### APPLES

Wash, pare, quarter or slice and drop into weak salt water. Blanch  $1\frac{1}{2}$  minutes, cold-dip, pack into jar and cover with water or thin syrup. Put on rubber and top and adjust top bail. Sterilize for 20 minutes in hot-water bath.

With Steam Pressure Outfit sterilize 8 minutes at 5 to 10 pounds pressure.

Apples shrink during sterilization and for this reason economy of space is obtained by canning them in the form of sauce instead of in quarters or slices. In canning sauce fill the jars with the hot sauce and sterilize 12 minutes in hot-water bath.

## APRICOTS

Use only ripe fruit. Blanch 1 to 2 minutes. Wash, cut in half and remove pit. Pack in jar and cover with medium syrup. Put on rubber and top and adjust top bail. Sterilize 16 minutes in hot-water bath. Remove, complete seal, cool and store.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

## BLACKBERRIES

Wash, pack closely and cover with medium syrup. Put on rubber and top and adjust top bail. Sterilize 16 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

Blueberries	Loganberries,
Currants	Raspberries

The method is the same as for blackberries. Sterilize 16 minutes in hot-water bath.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

## CHERRIES

Cherries should be pitted before being canned. Pack in jar and cover with medium syrup. Put on rubber and top and adjust top bail. Sterilize 16 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

## PEARS

Peel and drop into salt water to prevent discoloration. Blanch  $1\frac{1}{2}$  minutes. Pack in jar, whole or in quarters, and cover with thin syrup. Put on rubber and top and adjust top bail. Sterilize 20 minutes in hot-water bath. Remove, complete seal and cool. A slice of lemon may be added to the contents of each jar for flavor.

With Steam Pressure Outfit sterilize 8 minutes at 5 to 10 pounds pressure.

### PEACHES

Blanch in boiling water long enough to loosen skins. Cold-dip and remove skins. Cut in half and remove stones. Pack in jar and cover with thin syrup. Put on rubber and top and adjust top bail. If soft ripe, sterilize 16 minutes in hot-water bath; if flesh is very firm, 25 minutes. Remove, complete seal and cool.

Some peaches do not peel readily even if dipped in boiling water. In such cases omit dipping in boiling water and pare them.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

### PLUMS

Wash, pack in jar and cover with medium syrup. Put on rubber and top and adjust top bail. Sterilize 16 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

### PINEAPPLES

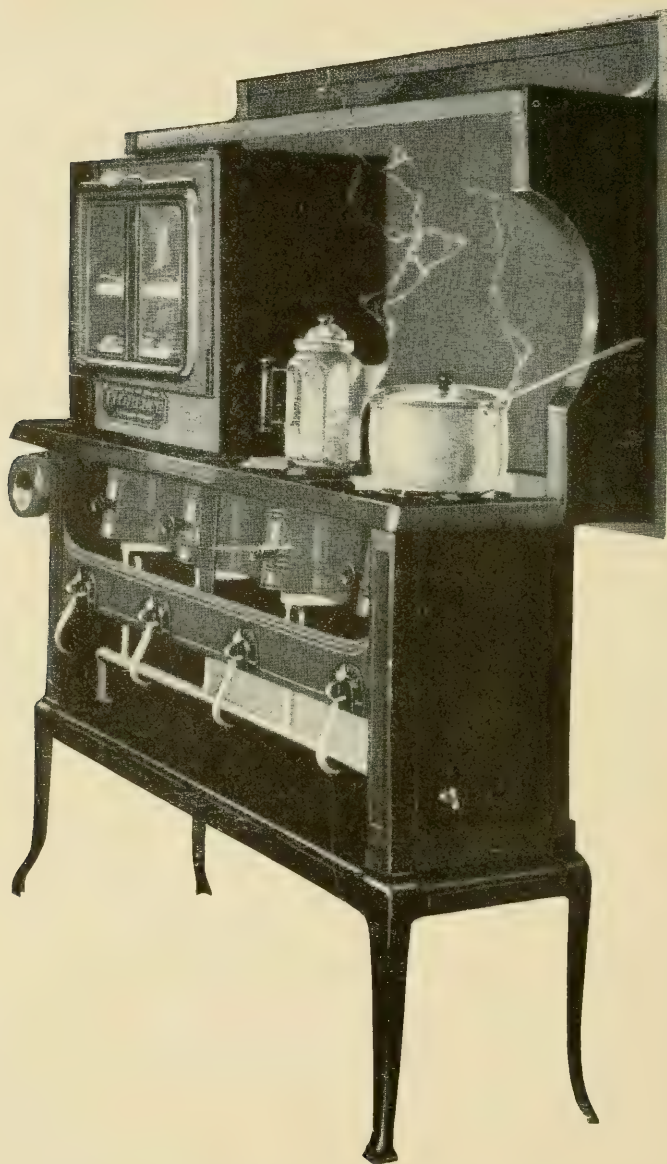
Pare, remove eyes, shred or cut into slices or small pieces, blanch 3 to 5 minutes, and pack in jar. Cover with medium syrup. Put on rubber and top and adjust top bail. Sterilize 30 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

### QUINCES

The method is the same as for apples. They may be canned with apples. Sterilize 20 minutes in hot-water bath.





You will find the above article to be all that is claimed for it by the manufacturer.

*Miss Laura A. Hunt.*

With Steam Pressure Outfit sterilize 8 minutes at 5 to 10 pounds pressure.

### **RHUBARB**

Wash and cut into short lengths. Cover with boiling water or thin syrup. Put on rubber and top and adjust top bail. Sterilize 20 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 15 minutes at 5 to 10 pounds pressure.

### **STRAWBERRIES**

Wash and pack closely in jar. Cover with medium syrup, put on rubber and top and adjust top bail. Sterilize 16 minutes in hot-water bath. Remove, complete seal and cool.

With Steam Pressure Outfit sterilize 10 minutes at 5 to 10 pounds pressure.

### **TIME TABLE FOR BLANCHING & STERILIZING**

The following time-table shows blanching time for various vegetables and fruits, and also sterilizing time, not only in the hot-water bath outfit, but also in equipment for sterilization by the water-seal method, the steam-pressure method and the aluminum steam-cooker method.

# TIME TABLE FOR BLANCHING AND STERILIZING

The following time-table shows blanching time for various vegetables and fruits, and also sterilizing time, not only in the hot-water bath outfit, but also in equipment for sterilization by the water-seal method, the steam-pressure method and the aluminum steam-cooker method:

Vegetables	Blanching	Sterilizing			
		Hot-water	Water seal	Steam pressure in pounds	
				5 to 10	10 to 15
Asparagus	10 to 15	90	60	80	40
Beets	5	90	120	60	40
Brussels Sprouts	5 to 10	120	90	60	40
Cabbage	5 to 10	120	90	60	40
Cauliflower	3	60	40	30	20
Carrots	5	90	80	60	40
Corn	5 to 10	180	120	90	60
Greens	15	120	90	60	40
Lima Beans	5 to 10	180	120	60	40
Okra	5 to 10	120	90	60	40
Parsnips	5	90	80	60	40
Peppers	5 to 10	120	90	60	40
Peas	5 to 10	180	120	60	40
Pumpkin	See Directions	120	90	60	40
Salsify	5	90	80	60	40
Sauerkraut		120	90	60	40
String Beans	5 to 10	120	90	60	40
Squash	See Directions	120	90	60	40
Tomatoes	To loosen skins	22	18	15	10

Fruits

Apples	1½	20	12	8
Apricots	1 to 2	16	12	10
Blackberries	none	16	12	10
Blueberries	none	16	12	10
Dewberries	none	16	12	10
Cherries, Sweet	none	16	12	10
Cherries, Sour	none	16	12	10
Currants	none	16	12	10
Gooseberries	1 to 2	16	12	10
Oranges	1 to 2	12	8	6
Pears	1½	20	12	8
Peaches	To loosen skins	16 to 25	12	10
Plums	none	16	12	10
Pineapples	3 to 5	30	15	10
Quinces	1½	20	12	8
Raspberries	none	16	12	10
Rhubarb	1 to 3	20	15	15
Strawberries	none	16	12	10
Fruits without sugar		30	20	12

\* Some peaches do not peel readily even if dipped in boiling water. In such cases omit dipping in boiling water and pare them.

The time given in this table is for quart jars. For pint jars deduct 5 minutes. For 2-quart jars add 30 minutes.

Homemade and Commercial Hot-Water Bath Outfits are not satisfactory for canning at high altitudes as the temperature of water in them does not reach 212° F. In such localities Water-Seal and Steam Pressure Outfits give better results, as much higher temperatures can be maintained.

The time here given is for 1 quart jars and fresh products at altitudes up to 1,000 feet above sea level. For higher altitudes increase the time 10 per cent for each additional 500 feet. For example, if the time is given as 120 minutes in the table and your location is 1500 feet above sea level, the time should be made 132 minutes; for 2,000 feet, 145 minutes.

The time here given is for fresh, sound and firm vegetables. For vegetables which have been gathered over 24 hours increase the time of sterilization by adding one-fifth.

## CHAPTER XXVIII

### PRINCIPLES OF JELLY MAKING\*

To be satisfactory, jelly must be made from fruit juice containing pectin and acid. Pectin is a substance in the fruit which is soluble in hot water and which, when cooked with sugar and acid, gives, after cooling, the right consistency to jelly.

Fruits to be used should be sound, just ripe or slightly under-ripe, and gathered but a short time. Wash them, remove stems and cut large fruits into pieces. With juicy fruits add just enough water to prevent burning while cooking. In using fruits which are not juicy cover them with water. Cook slowly until the fruits are soft. Strain through a bag made of flannel or two thicknesses of cheesecloth or similar material.

### TEST FOR PECTIN

To determine if the juice contains pectin, boil 1 tablespoonful and cool. To this add 1 tablespoonful of grain alcohol and mix, gently rotating the glass. Allow the mixture to cool. If a solid mass—which is pectin—collects, this indicates that in making jelly one part of sugar should be used to one part of juice. If the pectin collects in two or three masses, use  $\frac{2}{3}$  to  $\frac{3}{4}$  as much sugar as juice. If it collects in several small particles use  $\frac{1}{2}$  as much sugar as juice. If the presence of pectin is not shown as described it should be supplied by the addition of the juice of slightly under-ripe fruits, such as apples, currants, crabapples, green grapes, green gooseberries or wild cherries.

\*National War Garden Commission Bulletin.

Measure the juice and sugar. The sugar may be spread on a platter and heated. Do not let it scorch. When the juice begins to boil add the sugar. Boil rapidly. The jelly point is reached when the juice drops as one mass from the side of a spoon or when two drops run together and fall as one from the side of the spoon. Skim the juice, pour into sterilized glasses and cool as quickly as possible. Currant and green grape require 8 to 10 minutes boiling to reach the jelly point, while all other juices require from 20 to 30 minutes.

When the jelly is cold pour over the surface a layer of hot paraffin. A toothpick run around the edge while the paraffin is still hot will give a better seal. Protect the paraffin with a cover of metal or paper.

Three or more extractions of juice may be made from fruit. When the first extraction is well drained cover the pulp with water and let it simmer 30 minutes. Drain, and test juice for pectin. For the third extraction proceed in the same manner. The juice resulting from the second and third extractions may be combined. If the third extraction shows much pectin a fourth extraction may be made. The first pectin test should be saved for comparison with the others.

If the second, third or fourth extraction of juice is found thinner than the first extraction, boil it until it is as thick as the first; then add the sugar called for.

### JELLY MAKING WITHOUT TEST

The test for pectin is desirable, but is not essential. In some states it is inconvenient because of the difficulty of obtaining grain alcohol. A large percentage of housewives make jelly without this test, and satisfactory results may be obtained without it if care is taken to follow directions and to use the right fruits. For the inexperienced jelly-maker the safe rule is to confine jelly-making to the fruits which are ideal for the purpose. These include currants, sour apples, crab-apples, under-ripe grapes, quinces,



raspberries, blackberries, blueberries, wild cherries and green gooseberries. These contain pectin and acid in sufficient quantities.

In making jelly without the alcohol test, with the juice of currants and under-ripe grapes use 1 cup of sugar to 1 cup of juice. With raspberries, blackberries, blueberries, sour apples, crab-apples, quinces, wild cherries and green gooseberries use  $\frac{3}{4}$  cup of sugar to 1 cup of juice. This applies to the first extraction of juice and to the later extractions when they have been boiled to the consistency of the first extraction.

Fruits which contain pectin but lack sufficient acid are peach, pear, quince, sweet apple and guava. With these acid may be added by the use of juice of crab-apples or under-ripe grapes.

Strawberries and cherries have acidity but lack pectin. The pectin may be supplied by the addition of the juice of crab-apples or under-ripe grapes.

### **DIRECTIONS FOR JELLY MAKING**

Wash, remove stems, and with the larger fruits cut into quarters. Put into a saucepan and cover with water. Allow to simmer until the fruit is tender. Put into a bag to drain. If desired, test juice for pectin as described. Measure juice and sugar in proportions indicated by the test for pectin or as directed under "Jelly Making Without Test." Add the sugar when the juice begins to boil. The sugar may be heated before being added. When the boiling juice reaches the jelly point skim and pour into sterilized glasses.

### **TO PREPARE GLASSES FOR JELLY**

Wash glasses and put them on a rack or folded cloth in a kettle of cold water. Heat the water gradually to the boiling point and let boil ten minutes. Remove glasses, drain and place in a pan containing a little hot water, while filling; or place them on a cloth wrung out of hot water.

*To Cover Jelly Glasses.* Melt paraffin and pour over the top of the jelly. Put on covers.

### APPLE JELLY\*

Wipe the apples, remove stem and blossom ends, and cut in quarters. Put in a preserving kettle, and add cold water to come nearly to top of apples. Cover, and cook slowly until apples are soft; mash, and drain through a coarse sieve. Avoid squeezing apples, which makes jelly cloudy. Then allow juice to drip through a double thickness of cheesecloth or a jelly bag. Boil twenty minutes, and add an equal measure of heated sugar; boil five minutes, skim, test and turn into hot sterilized glasses. Put in a sunny window and let stand twenty-four hours. Cover, and keep in a cool, dry place.

*To Heat Sugar.* Put in a granite dish, place in oven, leaving oven door ajar, and stir occasionally.

### CURRENT JELLY\*

Currents should not be picked directly after rain. Cherry currents make the best jelly. Equal proportions of red and white currents are considered desirable, and make a lighter colored jelly.

Pick over currents, but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher, and continue until berries are used. Cook slowly until currents are broken and look white. Strain through a coarse strainer, then allow juice to drip through a double thickness of cheesecloth or jelly bag. Measure, heat to the boiling point and boil five minutes; add an equal measure of heated sugar, boil three minutes, skim and pour into hot sterilized glasses. Let stand twenty-four hours. Cover and keep in a cool, dry place.

\*Starred recipes are not quoted from National War Garden Commission Bulletin.

### GRAPE JELLY\*

Grapes should be picked over, washed and stems removed before putting into a preserving kettle. Heat to boiling point, mash and cook twenty minutes, then proceed as for making currant jelly.

### WINTER JELLY MAKING

Fruit juices may be canned and made into jelly as wanted during the winter. Allow 1 cup of sugar to 6 cups of juice. Boil juice and sugar for 5 minutes. Pour into sterilized bottles or jars. Put into hot-water bath, with the water reaching to the neck of the containers. Allow to simmer 20 to 30 minutes. If jars are used half seal them during the simmering. Put absorbent cotton into the necks of bottles and when the bottles are taken from the bath put in corks, forcing the cotton into the neck. Corks should first be boiled and dried to prevent shrinking. They may also be boiled in paraffin to make them air-tight. After corking the bottles apply melted paraffin to the tops with a brush, to make an air-tight seal. Each bottle should be labeled and the label should specify the amount of sugar used. In making jelly from these juices during the winter follow the "Directions for Jelly Making," adding enough sugar to give the amount called for.

### FRUIT BUTTERS

Fruit butters may be made from good sound fruits or the sound portions of fruits which are wormy or have been bruised. Wash, pare and remove seeds if there are any. Cover with water and cook 3 or 4 hours at a low temperature, stirring often, until the mixture is of the consistency of thick apple sauce. Add sugar to taste when the boiling is two-thirds done. Spices may be added to suit the taste when the boiling is completed. If the pulp is coarse it should be put through a wire sieve or colander. Pour the

\*Starred recipes are not quoted from National War Garden Commission Bulletin.

butter into sterilized jar, put on rubber and cover and adjust top bail. Put into a container having a cover and false bottom. Pour in an inch or so of water and sterilize quart jar or smaller jar 5 minutes after the steam begins to escape. Remove, push snap in place and cool.

### APPLE BUTTER WITH CIDER

Four quarts of sweet or sterilized cider should be boiled down to 2 quarts. To this add 4 quarts of apples peeled and cut in small pieces. If the texture of the apples is coarse they should be boiled and put through a strainer before being added to the cider. Boil this mixture until the cider does not separate from the pulp. When two-thirds done, add one pound of sugar. One-half teaspoonful each of cinnamon, allspice and cloves may be added. Pour into sterilized jars and sterilize 5 minutes in steam.

Apple and pear butter may be made by following the directions for apple butter with cider, but omitting the cider.

### PEACH BUTTER

Dip peaches in boiling water long enough to loosen the skins. Dip in cold water, peel and stone them. Mash and cook them without adding any water. Add half as much sugar as pulp and cook until thick. Pour into sterilized jars and sterilize 5 minutes in steam.

Plum butter may be made following the directions for peach butter.

### APPLE BUTTER WITH GRAPE JUICE

To every 4 quarts of strained apple sauce add 1 pint of grape juice, 1 cup of brown sugar and  $\frac{1}{4}$  teaspoonful of salt. Cook slowly, stirring often, until of the desired thickness. When done, stir in 1 teaspoonful of cinnamon, pack in hot jars and sterilize 5 minutes in steam.

### DRIED PEACH BUTTER

Soak dried peaches over night. Cook slowly until tender. To each 2 pounds of dried peaches add 1 quart of canned peaches and  $1\frac{3}{4}$  pounds of sugar. If a fine texture is desired, strain pulp through a colander. Cook slowly, stirring often, until thick. Pack in hot jars and sterilize 5 minutes in steam.

## JAM, CONSERVES AND MARMALADES

### RASPBERRY JAM\*

Pick over the raspberries. Mash a few in the bottom of a preserving kettle, using a wooden spoon, continue until all the fruit is used. Heat slowly to boiling point, add gradually an equal measure of sugar which has been heated. Cook slowly forty-five minutes. Seal in sterilized jelly glasses.

### CRANBERRY CONSERVE\*

- 2 pints cranberries.
- $\frac{1}{2}$  pound English walnut meats.
- 1 large orange.
- 1  $\frac{1}{3}$  cupfuls water.
- 1 cupful Sultana raisins.
- $1\frac{1}{2}$  pounds sugar.

Pick over and wash cranberries, put them into saucepan with half of the water and boil until the skins break. Rub through a strainer and add the remaining water, sugar, raisins and grated rind and pulp of the orange. Bring slowly to the boiling point and allow to cook slowly for twenty-five minutes, then add the nut meats broken in small pieces and cook for five minutes longer. Divide into jars and seal. (Marion Harris Neil.)

\*Starred recipes are not quoted from National War Garden Commission Bulletin.

## GRAPE CONSERVE\*

- 2 pounds grapes,
- 3 cupfuls sugar.
- 1 pound seedless raisins,
- $\frac{1}{2}$  pound walnut meats.

Remove pulp from grapes and boil five minutes. Rub through a colander to remove seeds. Add pulp to the skins and boil it ten minutes. Add the raisins, sugar and nut meats chopped fine and boil twenty minutes, or until thick. Pour into sterilized glasses and seal.

## RHUBARB CONSERVE\*

- 4 pounds rhubarb,
- 4 pounds sugar,
- 1 pound seeded raisins,
- 2 oranges,
- 1 lemon.

Wash and peel stalks of rhubarb and cut in one-inch pieces. Put in kettle, add the sugar, raisins and grated rind and juice of orange and lemon. Mix, cover and let stand one-half hour. Place over fire, bring to the boiling point and let simmer forty-five minutes, stirring occasionally. Fill jelly glasses with the mixture, cool and seal.

## SPICED GRAPES\*

- 7 pounds Concord grapes,
- $1\frac{1}{2}$  pounds brown sugar,
- $1\frac{1}{2}$  pounds white sugar,
- 2 cupfuls vinegar,
- 1 tablespoonful cinnamon,
- 1 tablespoonful clove,
- $\frac{1}{2}$  teaspoonful white pepper.

\*Starred recipes are not quoted from National War Garden Commission Bulletin.



Wash grapes, remove pulp and cook until the seeds are easily removed, put through a colander. Add the pulp to the skins, add the sugar and vinegar and cook one and one-half hours or until the skins are tender. Add spices and cook ten minutes. Remove from fire and seal while hot.

### ORANGE MARMALADE\*

1 dozen oranges,  
6 lemons  
1 grape fruit,  
sugar.

Weigh the fruit and slice it in thin slices. To each pound of fruit add one quart cold water. Let the mixture stand 24 hours. Cook slowly two hours. Weigh the cooked fruit, add an equal weight of sugar. Cook for one hour or until it stiffens. Pour into sterilized glasses and seal.

### TOMATO AND ORANGE MARMALADE\*

3 cupfuls ripe tomatoes cut in pieces.  
1 orange.  
1 lemon.  
 $\frac{1}{2}$  cupful Karo.  
 $1\frac{1}{2}$  cupfuls sugar.

Wash the fruit and put through meat chopper. Combine all the ingredients and cook forty-five minutes or until mixture thickens. Pour into sterilized glasses and seal.

### PEAR AND GINGER MARMALADE (Mary Green)\*

8 pounds hard pears,  
Grated rind of 4 lemons,  
Juice of 4 lemons,  
 $\frac{1}{4}$  pound preserved ginger,  
6 pounds sugar.

\*Starred recipes are not quoted from National War Garden Commission Bulletin.

Quarter and core the pears and put through the food chopper; add lemon rind, juice and chopped ginger; mix fruit with sugar, heat gradually to boiling point and cook slowly about two hours or until thick. Pour into sterilized glasses and seal.

### SPICED PRUNES\*

4 cupfuls cooked prunes,  
 $\frac{1}{2}$  cupful chopped cranberries  
1 cupful prune juice,  
 $\frac{1}{4}$  cupful sugar,  
Rind of  $\frac{1}{2}$  orange,  
Juice of 1 orange.  
1 teaspoonful cinnamon,  
 $\frac{1}{2}$  teaspoonful cloves.

Remove the stones from the prunes and cut them in small pieces, add the cranberries, prune juice, sugar, rind and juice of the orange and the spices. Cook twenty minutes or until thick, pour into sterilized glasses, cool and seal.

\*Starred recipes are not quoted from National War Garden Commission Bulletin.

## CHAPTER XXIX

### HOME DRYING OF VEGETABLES AND FRUITS\*

Winter buying of vegetables and fruits is costly. It means that you pay transportation, cold storage and commission merchants charges and profits. Summer is the time of lowest prices. Summer, therefore, is the time to buy for winter use.

Vegetable and fruit drying have been little practiced for a generation or more. There is no desire to detract from the importance of canning operations. Drying must not be regarded as taking the place of the preservation of vegetables and fruits in tins and glass jars. It must be viewed as an important adjunct thereto. Drying is important and economical in every home, whether on the farm, in the village, in the town, or in the city. For city dwellers it has the special advantage that little storage space is required for the dried fruit. One hundred pounds of some fresh vegetables will reduce to 10 pounds in drying without loss of food value or much of the flavor.

### DRYING IS SIMPLE

A strong point in connection with vegetable and fruit drying is the ease with which it may be done. Practically all vegetables and fruits may be dried. The process is simple. The cost is slight. In every home the necessary outfit, in its simplest form, is already at hand. Effective drying may be done on plates or dishes placed in the oven, with the oven door partially open. It may be done on the back of the kitchen stove, with these same utensils, while the oven is being used for baking. It may also be done on sheets of paper or lengths of muslin spread in the sun and protected from insects and dust.

\*National War Garden Commission Bulletin.

## METHODS OF DRYING

For home drying, satisfactory results are obtained by any one of three principal methods. These are:—

1. Sun Drying.
2. Drying by Artificial Heat.
3. Drying by Air-blast. (With an electric fan.)

These methods may be combined to good advantage.

## SUN DRYING

Sun Drying has the double advantage of requiring no expense for fuel and of freedom from danger of overheating. For sun drying of vegetables and fruits the simplest form is to spread the slices or pieces on sheets of plain paper or lengths of muslin and expose them to the sun. Muslin is to be preferred if there is danger of sticking. Trays may be used instead of paper or muslin. Sun Drying requires bright, hot days and a breeze. Once or twice a day the product should be turned or stirred and the dry pieces taken out. The drying product should be covered with cheesecloth tacked to a frame for protection from dust and flying insects. If trays are rested on supports placed in pans of water the products will be protected from crawling insects. Care must be taken to provide protection from rain, dew and moths. During rains and just before sunset the products should be taken indoors for the purpose of protection.

## DRYING BY ARTIFICIAL HEAT

Drying by artificial heat is done in the oven or on top of a cook stove or range, in trays suspended over the stove or in a specially constructed drier built at home or purchased.

## OVEN DRYING

The simplest form of Oven Drying is to place small quantities of foodstuffs on plates in a slow oven. In this

way leftovers and other bits of food may be saved for winter use with slight trouble and dried while the top of the stove is being used. This is especially effective for sweet corn. A few sweet potatoes, apples or peas, or even a single turnip, may be dried and saved. To keep the heat from being too great leave the oven door partially open. For oven use a simple tray may be made of galvanized wire screen of convenient size, with the edges bent up for an inch or two on each side. At each corner this tray should have a leg an inch or two in length, to hold it up from the bottom of the oven and permit circulation of air around the product.

### AIR BLAST-ELECTRIC FAN

The use of an electric fan is an effective means of drying. Sliced vegetables or fruits are placed on trays 1 foot wide and 3 feet long. These trays are stacked and the fan placed close to one end, with the current directed along the trays, lengthwise. The number of trays to be used is regulated by the size of the fan. Drying by this process may be done in twenty-four hours or less. With sliced string beans and shredded sweet potatoes a few hours are sufficient, if the air is dry.

### SOME OF THE DETAILS OF DRYING

As a general rule, vegetables or fruits, for Drying, must be cut into slices or shreds, with the skin removed. In using artificial heat be careful to start at a comparatively low temperature and gradually increase. Details as to the proper scale of temperatures for various vegetables and fruits are given in the directions. To be able to gauge the heat accurately a thermometer must be used. An oven thermometer may be bought at slight cost. If the thermometer is placed in a glass of salad oil the true temperature of the oven may be obtained.

The actual time required for Drying cannot be given, and the person in charge must exercise judgment on this point. A little experience will make it easy to determine when products are sufficiently dried. When first taken from the Drier vegetables should be rather brittle, but not so dry as to snap or crackle, and fruits rather leathery and pliable. One method of determining whether fruit is dry enough is to squeeze a handful; if the fruit separates when the hand is opened, it is dry enough. Another way is to press a single piece; if no moisture comes to the surface the piece is sufficiently dry. Berries are dry enough if they stick to the hand but do not crush when squeezed.

Raspberries, particularly, should not be dried too hard, as this will keep them from resuming their natural shape when soaked in water for use. Material will mold if not dried enough.

### **PREPARING FOOD MATERIAL FOR DRYING**

A sharp kitchen knife will serve every purpose in slicing and cutting vegetables and fruits for Drying, if no other device is at hand. The thickness of the slices should be from an eighth to a quarter of an inch. Whether sliced or cut into strips, the pieces should be small so as to dry quickly. They should not, however, be so small as to make them hard to handle or to keep them from being used to advantage in preparing dishes for the table such as would be prepared from fresh products.

Food choppers, kraut slicers or rotary slicers may be used to prepare food for drying.

Vegetables and fruits for Drying should be fresh, young and tender. As a general rule, vegetables will dry better if cut into small pieces with the skins removed. Berries are dried whole. Apples, quinces, peaches and pears dry better if cut into rings or quarters. Cleanliness is imperative. Knives and slicing devices must be carefully cleansed before and after use. A knife that is not bright and clean will discolor the product on which it is used, and this should be avoided.



### BLANCHING AND COLD-DIPPING

Blanching is desirable for successful vegetable Drying. Blanching gives more thorough cleansing, removes objectionable odors and flavors, and softens and loosens the fibre, allowing quicker and more uniform evaporation of the moisture, and gives better color. It is done by placing the vegetables in a piece of cheesecloth, a wire basket or other porous container and plunging them into boiling water. The time required for this is short and varies with different vegetables. Blanching should be followed by the cold-dip, which means plunging the vegetables into cold water for an instant after removing from the boiling water. Cold-dipping hardens the pulp and sets the coloring matter. After blanching and dipping, the surface moisture may be removed by placing the vegetables between two towels.

### DANGER FROM INSECTS

In addition to exercising great care to protect vegetables and fruits from insects during the Drying process, precautions should be taken with the finished product to prevent the hatching of eggs that may have been deposited. One measure that is useful is to subject the dried material to a heat of 160° F. for from 5 to 10 minutes before storing it away. By the application of this heat the eggs will be killed. Be careful not to apply heat long enough to damage the product.

### CONDITION BEFORE STORING

It is important to "condition" Dried Products before storing them for the winter. This means that they should be placed in boxes and poured from one box to another once a day for three or four days to mix thoroughly. If any part of the material is then found to be too moist, return to Drier for a short Drying. Practically all dried products should be conditioned.

### STORAGE FOR DRIED PRODUCTS

Of importance equal to proper Drying is the proper packing and storage of the finished product. With the scarcity of tins and the high prices of glass jars it is recommended that other containers be used. Those easily available are baking powder cans and similar covered tins, pasteboard boxes having tight-fitting covers, strong paper bags and patented paraffin paper boxes, which may be bought in quantities at comparatively low cost.

A paraffin container of the type used by oyster dealers for the delivery of oysters will be found inexpensive and easily handled. If using this, or a baking powder can or similar container, after filling adjust the cover closely. The cover should then be sealed. To do this paste a strip of paper around the top of the can, covering the joint between can and cover, for the purpose of excluding air. Pasteboard boxes should also be sealed in this way. Paraffin containers should be sealed by applying melted paraffin with a brush to the joint.

If a paper bag is used, the top should be twisted, doubled over and tied with a string. Moisture may be kept out of paper bags by coating them, using a brush dipped into melted paraffin. Another good precaution is to store bags within an ordinary lard pail or can or other tin vessel having a closely fitting cover.

The products should be stored in a cool, dry place, well ventilated and protected from rats, mice and insects. In sections where the air is very moist, moisture-proof containers must be used. It is good practice to use small containers so that it may not be necessary to leave the contents exposed long after opening and before using.

For convenience label all packages.

### WINTER USE OF DRIED PRODUCTS

In preparing dried vegetables and fruits for use the first process is to restore the water which has been dried out of

them. All dried foods require long soaking. After soaking the dried products will have a better flavor if cooked in a covered utensil at a low temperature for a long time. Dried products should be prepared and served as fresh products are prepared and served. They should be cooked in the water in which they have been soaked, as this utilizes all of the mineral salts, which would otherwise be wasted.

There can be no definite rule for the amount of water required for soaking dried products when they are to be used, as the quantity of water evaporated in the drying process varies with different vegetables and fruits. As a general rule, from 3 to 4 cups of water will be required for 1 cup of dried material.

In preparing for use, peas, beans, spinach and like vegetables should be boiled in water to which there has been added soda in the proportion of  $\frac{1}{8}$  teaspoonful of soda to 1 quart of water. This improves the color of the product.

In preparing to serve dried vegetables season them carefully. For this purpose celery, mustard, onion, cheese and nutmeg give desirable flavoring, according to taste.

From 3 to 4 quarts of vegetable soup may be made from 4 ounces of dried soup vegetables.

### DIRECTIONS FOR VEGETABLE DRYING

#### ASPARAGUS

The edible portion should be blanched from 3 to 5 minutes, cold dipped, the stalks slit lengthwise into two strips if of small or medium size or into four strips if of large size. Drying time, 4 to 8 hours. Start at temperature of 110° F. and raise gradually to 140°.

The hard ends of the stalk, which are not edible, should be dried for soup stock. Blanch 10 minutes, cold dip, slice into 2 to 6 pieces, according to size, and dry as described above.

### BRUSSELS SPROUTS

The drying process is the same as with cauliflower, with the addition of a pinch of soda to the blanching water.

### BEETS

Boil whole until more than three-fourths cooked, without removing skin. After dipping in cold water, peel and cut into  $\frac{1}{8}$  to  $\frac{1}{4}$  inch slices. Drying time, two and one-half to three hours. Start at temperature of  $110^{\circ}$  F. and raise gradually to  $150^{\circ}$ .

### BEET TOPS AND SWISS CHARD

Select tops of young beets or Swiss chard suitable for greens. Wash carefully, cut leaf-stalk and blade into pieces  $\frac{1}{4}$  of an inch long, spread on screens and dry.

### CABBAGE

Take heads that are well developed. Remove all loose outside leaves. Shred or cut into strips a few inches long. Cut the core crosswise several times, and shred it for drying with the rest of the cabbage. Blanch 10 minutes, cold dip, drain, remove surface moisture. Drying time, 3 hours. Start at temperature of  $110^{\circ}$  F. and raised gradually to  $145^{\circ}$ .

### CARROTS AND PARSNIPS

Clean thoroughly and remove outer skin, preferably with a stiff bristle brush; or the skin may be removed by paring or scraping. Slice into thickness of  $\frac{1}{8}$  of an inch. Blanch 6 minutes, cold dip and remove surface moisture. Drying time,  $2\frac{1}{2}$  to 3 hours. Start at temperature of  $110^{\circ}$  F. and raise gradually to  $150^{\circ}$ .

Kohl-rabi, Celeriac and Salsify are dried in the same way as Carrots and Parsnips.

### CAULIFLOWER

After cleaning, divide into small pieces. Blanch six minutes and cold dip. Drying time, three to three and one-half hours. Start at temperature of 110° F. and raise to 145°. Although turning dark, while drying, Cauliflower will regain part of its original color in soaking and cooking. Dried Cauliflower is specially good for soups and omelets.

### CELERY

After washing carefully, cut into 1-inch pieces, blanch three minutes, cold-dip and remove surface moisture. Dry slowly. Drying time, three to four hours. Start at temperature of 110° F. and raise to 140°.

### GARDEN PEAS

Garden peas with non-edible pod are taken when of size suitable for table use. Blanch 3 to 5 minutes, cold-dip, remove surface moisture and spread in single layers on trays. Drying time, 3 to 3½ hours. Start at temperature of 110° F., raising slowly, in about 1 or 1½ hours, to 145°, and then continue 1 and 1½ to 2 hours at 145°.

For use in soups or puree, shell mature peas, pass them through a meat grinder, spread the pulp on trays and dry.

With young and tender sugar peas use the pod also. After washing, cut into ¼ inch pieces. Blanch 6 minutes, cold-dip and remove surface moisture. Drying time, 3 to 3½ hours. Start at temperature of 110° F. and raise gradually to 145°.

### GREEN STRING BEANS

Select only such beans as are in perfect condition for table use. Wash carefully and string. If full grown, they should be slit lengthwise or cut—not snapped—into pieces ¼ to 1 inch long. If young and tender, dry them whole. Blanch 6 to 10 minutes. To set color add one-half tea-

spoonful of soda to each gallon of boiling water. After blanching, dip quickly into cold water, then drain thoroughly to remove surface moisture. Drying time for young beans, two hours; for those more mature, three hours. Start at temperature of 110° F. and raise gradually to 145°.

### GREENS AND HERBS

After washing carefully and removing leaves, slice, and dry in sun or by artificial heat, following directions for cabbage. If steam is not easily available, dry without blanching or cold dipping.

These directions apply to spinach, kale, dandelions and parsley.

Celery tops, mint, sage and herbs of all kinds for flavoring are treated in the same way.

### LIMA BEANS

If lima beans are gathered when young and tender, shell them, wash, and then blanch 5 to 10 minutes, the time varying with maturity and size. Cold-dip. Remove surface moisture. Drying time, 3 to 3½ hours. Start at temperature of 110° F. and raise gradually to 145°.

### OKRA

After washing, blanch three minutes in boiling water with one-half teaspoonful of soda to each gallon. Cold-dip. With young and tender pods dry whole; cut older pods into ¼ inch slices. Drying time, two to three hours. Start at temperature of 110° F. and raise gradually to 140°.

Okra may also be dried by being strung on a string and hung over the stove. This should not be done except with young and tender pods. Heat in oven before storing.



## ONIONS AND LEEKS

After washing, peeling and cutting into  $\frac{1}{8}$  and  $\frac{1}{4}$  inch slices for onions, and  $\frac{1}{4}$  inch strips for leeks, blanch in boiling water or steam for 5 minutes, cold-dip and remove surface moisture. Drying time,  $2\frac{1}{2}$  to 3 hours. Start at temperature of  $110^{\circ}$  F. and raise gradually to  $140^{\circ}$ .

## PEPPERS

Steam until skin softens; or place in biscuit pan in oven and heat until skin blisters. Peel, split in half, take out seed. Start drying at temperature of  $110^{\circ}$  F. and gradually increase to  $140^{\circ}$ . Thick fleshed peppers, such as pimientos, must be dried very slowly and evenly. Small varieties of red peppers may be spread in the sun until wilted and the drying finished in a drier, or they may be entirely dried in the sun.

Another plan for drying peppers is to split them on one side, remove seed, start with air drying and finish in a drier at  $140^{\circ}$ .

## PUMPKIN AND SUMMER SQUASH

Cut into  $\frac{1}{2}$  inch strips and pare. Blanch three minutes. Cold-dip, remove surface moisture and dry slowly. Drying time, three to four hours. Start at temperature of  $110^{\circ}$  F. and raise to  $140^{\circ}$ . The strips may be hung on strings and dried in the kitchen above the stove.

## RHUBARB

Slit the larger stems lengthwise, cut into  $\frac{1}{2}$  to  $\frac{3}{4}$  inch lengths. Do not use the leaf. Blanch three minutes and cold-dip. Dry thoroughly. Start at temperature of  $110^{\circ}$  F. and raise gradually to  $140^{\circ}$ .

## SOUP MIXTURES

Vegetables for soup mixtures are prepared and dried separately. These are mixed as desired.

### SWEET CORN

Select ears that are young and tender and freshly gathered. Blanch on cob in steam or boiling water—preferably steam—for 5 to 10 minutes to set milk. If boiling water is used, add a teaspoonful of salt to each gallon. Cold-dip, drain thoroughly, and with a sharp knife cut off in layers or cut off half the kernel and scrape off the remainder, taking care not to include the chaff. Drying time, 3 to 4 hours. Start at temperature of 110° F. and raise gradually to 145°.

In using field corn it should be taken at the roasting ear period of ripeness, and the ears should be plump.

To prepare for sun-drying, corn may first be dried in the oven for 10 or 15 minutes. After sun-drying is completed the corn should again be heated in oven to 145° F. to kill possible insect eggs.

### SWEET POTATOES

Wash, boil until almost cooked, peel, slice or run through meat chopper, spread on trays and dry until brittle. Sliced sweet potatoes may be dried without boiling. If this is done, dipping in cold water just before drying will brighten color.

### TOMATOES

Blanch long enough to loosen skin, cold-dip, peel, slice to thickness of  $\frac{1}{8}$  of an inch. Start at temperature of 110° F. and gradually raise to 145°, continuing until thoroughly dried. Another method is, after peeling, to cut crosswise in center, sprinkle with sugar and dry at temperature as above until the finished product resembles dried figs.

### WAX BEANS

These are dried in the same manner as green string beans.

## THE HOUSEKEEPER

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### DIRECTIONS FOR FRUIT DRYING

Fruit may be dried in the sun until the surface begins to wrinkle, then finished in the drier. With stone fruits, such as peaches, plums, apricots and cherries, none but fruits that are fresh, ripe and in perfect condition should be used. With apples, pears and quinces, effective thrift calls for using the sound portions of fruit that may be partially wormy or imperfect. When properly dried, fruits should be entirely free from moisture when pressed between the fingers on removal from drier. Line trays with cheesecloth or wrapping paper before spreading fruit on them.

#### BERRIES

Pick over, removing all leaves and stems, wash, if necessary, and remove surface moisture, handling with care to prevent bruising. Spread in thin layers and dry slowly. The total drying time is four to five hours. Start at temperature of 110° F., raising to 125° in about two hours. Then raise temperature to 140° and maintain two to three hours longer.

#### CHERRIES

After washing and removing surface moisture, spread unpitted in thin layers. Drying time, two to four hours. Start at temperature of 110° F. and raise gradually to 150°. If preferred, the pits may be removed, although this causes loss of juice.

#### PLUMS AND APRICOTS

Select fruits which are ripe. Remove pits by cutting fruit open with a sharp knife. Arrange halves on trays. Start drying at temperature of 110° F. and raise gradually to 145°. These fruits are usually dried with skins on.

## THE HOUSEKEEPER

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### APPLES, PEARS AND QUINCES

Pare, core and slice, dropping slices into cold water containing eight teaspoonfuls of salt to the gallon, if a light colored product is desired. Leaving them a minute or two in the salt water will prevent discoloration. (If preferred, core the whole fruit, after peeling, and slice into rings, dipping these for a minute or two into cold salted water as described above.) Remove surface moisture. Drying time, 4 to 6 hours, or until leathery and pliable. Start at temperature of 110° F. and raise gradually to 150°. Pears may be steamed ten minutes after slicing and before drying. Quinces are treated in the same way as pears.

### PEACHES

Dip peaches into boiling water long enough to loosen skins. Then dip in cold water and peel. Cut into halves or quarters, remove stones and dry as directed for apples.

## CHAPTER XXX

### PICKLING AND SALTING\*

Pickling is an important branch of home preparedness for the winter months. Pickles have little food value, but they give a flavor to a meal which is liked by many. They should not be given to children.

In pickling, vegetables are usually soaked over night in a brine made of 1 cup of salt and 1 quart of water. This brine removes the water of the vegetable and so prevents weakening of the vinegar. In the morning the brine is drained off.

Alum should not be used to make the vegetables crisp as it is harmful to the human body. A firm product is obtained if the vegetables are not cooked too long or at too high a temperature.

Spices, unless confined in a bag, give a dark color to the pickles.

Enameled, agate or porcelain-lined kettles should be used when cooking mixtures containing vinegar.

Pickles put in crocks should be well covered with vinegar to prevent molding.

Instructions for some of the most commonly used methods are given herewith.

#### CATSUP

- 2 quarts ripe tomatoes, boil and strain,
- Add 2 tablespoonfuls of salt,
- 2 cupfuls of vinegar,
- 2/3 cupful of sugar,
- 1 teaspoonful of cayenne pepper.

\*Extract from "National War Garden Commission Bulletin."

Boil until thick. Pour into hot sterilized bottles. Put the corks in tightly and apply hot paraffin to the tops with a brush to make an air-tight seal.

### CHILI SAUCE

- 2 dozen ripe tomatoes,
- 6 peppers (3 to be hot),
- 3 onions,
- $\frac{1}{4}$  cupful of sugar,
- 2 tablespoonfuls of salt,
- 1 teaspoonful each of cloves, nutmeg and allspice,
- 1 quart of vinegar.

Simmer 1 hour. Pour into sterilized jars or bottles and seal while hot.

### CHOW CHOW

- 2 pints cucumbers (1 pint to be small ones),
- 1 cauliflower soaked in salted water for one hour,
- 2 green peppers,
- 1 quart onions.

Chop the above in small pieces. Sprinkle 1 cup of salt over them and let stand all night. Drain well in the morning.

The sauce for Chow Chow is made as follows:—

- 2 quarts vinegar,
- $\frac{1}{4}$  pound of mustard,
- 1 tablespoonful of turmeric,
- $\frac{2}{3}$  cupful of sugar,
- $\frac{1}{2}$  cupful of flour.

Make a paste of the mustard, turmeric, sugar, flour and a little vinegar. Stir this into the warm vinegar and boil until thick. Then add the vegetables and simmer for  $\frac{1}{2}$  hour. Stir to prevent burning. Put in cans while hot.



### COLD TOMATO RELISH

8 quarts firm ripe tomatoes; scald, cold-dip and then chop in small pieces.

To the chopped tomato add:

2 cupfuls chopped onion,

2 cupfuls chopped celery,

2 cupfuls sugar,

1 cupful white mustard seed,

$\frac{1}{2}$  cupful salt,

4 chopped peppers,

1 teaspoonful ground mace,

1 teaspoonful black pepper,

4 teaspoonfuls cinnamon,

3 pints vinegar.

Mix all together and pack in sterilized jars.

### CORN RELISH

1 small cabbage,

1 large onion,

6 ears of corn,

2 tablespoonfuls of salt,

2 tablespoonfuls of flour,

$1\frac{1}{2}$  cupfuls of brown sugar,

1 pint of vinegar,

2 hot peppers,

$1\frac{1}{2}$  tablespoonfuls of mustard.

Steam corn 30 minutes. Cut from cob and add to the chopped cabbage, onion and peppers. Mix the flour, sugar, mustard and salt—add the vinegar. Add mixture to the vegetables and simmer 30 minutes. Pour into sterilized jars or bottles and seal while hot.

### CUCUMBER PICKLES

Soak cucumbers in brine made of 1 cupful of salt to 2 quarts of water for a day and night. Remove from brine, rinse in cold water and drain. Cover with vinegar, add

1 tablespoonful brown sugar, some stick cinnamon, and cloves to every quart of vinegar used; bring to a boil and pack in jars. For sweet pickles use 1 cupful of sugar to 1 quart of vinegar.

### GREEN TOMATO PICKLE

Take 4 quarts of green tomatoes, 4 small onions and 4 green peppers. Slice the tomatoes and onions thin. Sprinkle over them  $\frac{1}{2}$  cupful of salt and leave overnight in crock or enameled dish. The next morning drain off the brine. Into a separate dish put 1 quart of vinegar, 1 level tablespoonful each of black pepper, mustard seed, celery seed, cloves, allspice and cinnamon and  $\frac{3}{4}$  cupful of sugar. Bring to boiling point and then add the prepared tomatoes, onions and peppers. Let simmer for 20 minutes. Fill jars and seal while hot.

### GREEN TOMATO PICKLE

Wash and slice tomatoes. Soak in a brine of  $\frac{1}{4}$  cupful of salt to 1 quart of water over-night. Drain well. Put in a crock and cover with vinegar, to which has been added stick cinnamon and 1 cupful of sugar for every quart of vinegar used. Once a day for a week pour off vinegar, heat to boiling and pour over tomatoes again. Cover top of crock with a cloth and put on cover. This cloth should be frequently washed.

### MUSTARD PICKLES

2 quarts of green tomatoes,  
1 cauliflower,  
2 quarts of green peppers,  
2 quarts of onions.

Wash, cut in small pieces and cover with one quart of boiling water and  $\frac{1}{4}$  cupful of salt. Let stand 1 hour, bring to the boiling point and drain. Mix  $\frac{1}{2}$  pound mustard, 1 cupful of flour, 3 cupfuls of sugar and vinegar to make a thin paste, add this paste to 2 quarts vinegar and cook until thick, stir constantly to prevent burning. Add vegetables, boil 15 minutes and seal in jars.

### PICCALILLI

4 quarts of green tomatoes (chopped),  
1 quart of onions (chopped),  
1 hot red pepper,  
 $\frac{1}{2}$  pound of sugar,  
 $\frac{1}{2}$  cupful of salt,  
 $1\frac{1}{2}$  ounces each of mustard seed, cloves and allspice,  
2 cupfuls of vinegar.  
Simmer 1 hour. Put into a covered crock.

### PICKLED ONIONS

Peel, wash and put in brine, using 2 cupfuls of salt to 2 quarts of water. Let stand 2 days, pour off brine. Cover with fresh brine and let stand 2 days longer. Remove from brine, wash and pack in jars, cover with hot vinegar, to which whole cloves, cinnamon and allspice have been added.

### SPICED CRAB-APPLES

Wash, stick 3 or 4 whole cloves in each apple and cover with vinegar to which have been added stick cinnamon, and 1 cup sugar for every quart of vinegar used. Cook slowly at a low temperature until apples are tender. These may be put in jars or stone crocks.

### SWEET PICKLED PEACHES

Wipe and stick 3 or 4 whole cloves in each peach. Put in saucepan and cover with hot vinegar, allowing 2 cupfuls of sugar to each quart of vinegar used. Cook slowly until peaches are tender. Seal in glass jars.

### TABLE RELISH

Chop:

4 quarts of cabbage,

2 quarts of tomatoes, 1 quart to be green,

6 large onions,

2 hot peppers.

Add:

2 ounces of white mustard seed,

1 ounce of celery seed,

$\frac{1}{4}$  cupful of salt,

2 pounds of sugar,

2 quarts of vinegar.

Simmer 1 hour. Pour into sterilized jars or bottles and seal while hot.

### SALTING

The use of brine in preparing vegetables for winter use has much to commend it to the household. Preserving cabbage, string beans and greens for winter use by salting is a method which has long been used. To do this the vegetables should be washed, drained and weighed. The amount of salt needed will be one-fourth of the weight of the vegetables. Kegs or crocks make satisfactory containers. Put a layer of vegetables about an inch thick on the bottom of the container. Cover this with salt. Continue making alternate layers of vegetables and salt until the container is almost filled. The salt should be evenly distributed so that it will not be necessary to use more salt than the quantity required in proportion to the vegetables used. Cover the surface with a cloth and a board or glazed plate. Place a weight on these and set aside in a cool place. If sufficient liquor to cover the vegetables has not been extracted by the next day, pour in enough strong brine (1 pound of salt to 2 quarts of water) to cover surface around the cover. The top layer of vegetables should be kept under the brine to prevent molding. There will be some bubbling at first.

As soon as this stops set the container where it will not be disturbed until ready for use. Seal by pouring very hot paraffin on the surface.

### THE USE OF BRINE

This method is used for cucumbers, string beans, green tomatoes, beets, corn and peas, as these vegetables do not contain enough water for a good brine using only salt. Wash and put in a crock or other container within 3 or 4 inches of the top. Pour over them a brine made by adding to every 4 quarts of water used  $\frac{1}{2}$  pint of vinegar and  $\frac{3}{4}$  cup salt. The amount of brine needed will be about  $\frac{1}{2}$  the volume of the material to be fermented. When fermentation is complete the container should be sealed.

### TO FERMENT CUCUMBERS

Wash the cucumbers carefully. Pack them in a keg, barrel or crock, leaving space at the top for the cover. Cover them with a brine made by adding to every 4 quarts of water used  $\frac{1}{2}$  pint of vinegar and  $\frac{3}{4}$  cup of salt. The amount of brine needed will be one-half of the volume of the material to be fermented. Place a wooden cover or glazed plate on top of the contents and press it down by weighting it with a stone or other weight, to keep the cucumbers under the brine. Fermentation will require from 8 to 10 days in warm weather and from 2 to 4 weeks in cool weather. It is complete when bubbles cease to rise when the container is lightly tapped or jarred. When this stage is reached remove any scum which may have collected, pour hot paraffin over the cover and around the weight and store in a cool place.

### GREEN TOMATOES

The process for green tomatoes is the same as that for cucumbers.

## BEETS AND STRING BEANS

Remove the strings from beans. Beets should be washed thoroughly and packed whole. Spices may be used, as with cucumbers, but these may be omitted if the vegetables are to be freshened by soaking, when they are to be used.

The method is the same as with cucumbers.

## PREPARING FOR USE

To prepare these vegetables for use the brine should be drained off and the vegetables soaked in clear, cold water for several hours with one or two changes of water. They may then be cooked as fresh vegetables, with at least one change of water while cooking.

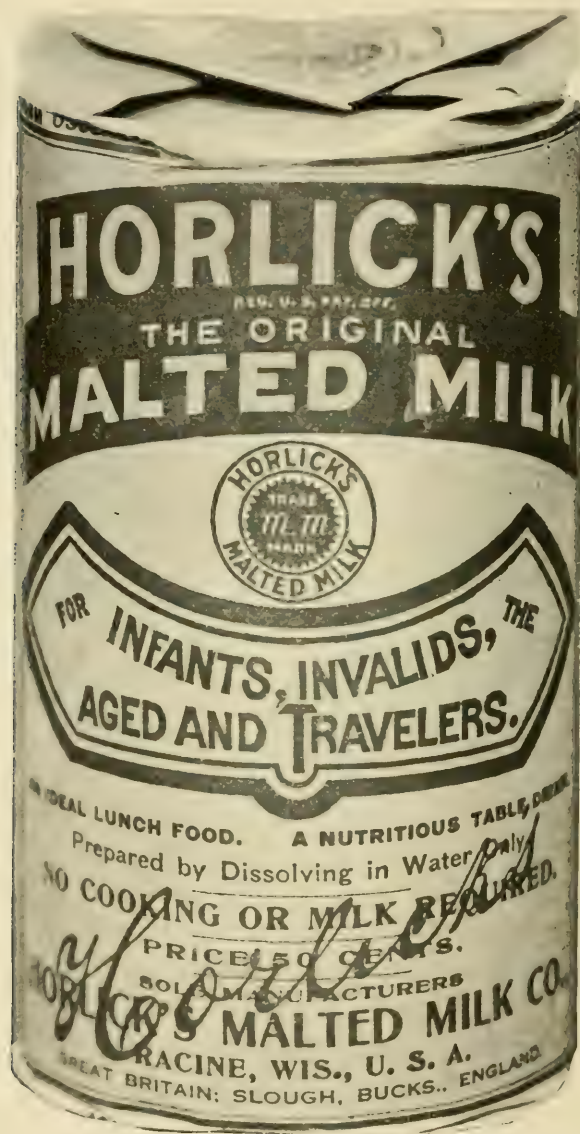
With salted vegetables it may be necessary to change the water once or twice while boiling. This is a matter of taste. Fermented vegetables should be rinsed in fresh water after removing from the container. To retain the acid flavor do not soak in water before cooking.

If cooked without soaking, fermented dandelions, spinach, kale and other greens will have a flavor similar to that of the greens in their fresh state.

Fermented corn should be soaked several hours, with three or four changes of water. During the cooking also there should be one change of water. The corn may then be used in chowder, pudding, omelet, fritters or waffles.

Salted string beans should be soaked to remove the salt and then prepared and served as fresh beans are prepared and served. Fermented string beans may be cooked without soaking and served as the fresh beans are served. Young and tender string beans may be eaten raw.





You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XXXI

## FOOD FOR THE SICK

"In preparing food for an invalid the tray should be of correct size, so that when set it will not have the appearance of being overcrowded. If a small amount of food is to be served, use a small tray. The tray cloth should be spotless and fit over edge of tray. If the correct size is not at hand, a napkin may be utilized by folding it to fit the tray. Select the choicest china, silver and glassware, making changes as often as possible.

In setting a tray, after laying the tray cloth, place the plate. Have the knife at the right of the plate, sharp edge toward plate. Place the spoon at the right of the knife, bowl up. Place the fork at the left of plate, tines up. A bread and butter plate or individual butter is placed over fork a little to the left. The napkin is always placed at the left of the fork; then the cup and saucer at the right of spoon, with cup so placed that it may be easily raised by handle. The water glass is placed over the knife a little to the right. Arrange the other dishes to suit the convenience of the patient." *(Fannie M. Farmer.)*

In cases of severe illness the physician gives advice concerning the diet and his instructions should be implicitly obeyed. However, the physician's advice is often very general where the diet is not a prominent factor in the treatment of the case; and, too, many minor illnesses where the advice of a physician is not necessary require some modification of the ordinary food for the family. So the home nurse should thoroughly understand the general principles of feeding.

Invalid diets are classified as Fluid Diet, Soft or Semi-Solid Diet and Light or Convalescent Diet.

*Fluid Diet.* "Since all food must eventually be reduced to fluid form for absorption, a liquid diet is usually regarded as the type easiest to digest and is often prescribed by the physician."

Liquid diet includes:—

1. Milk, plain or modified to make it more digestible, more nutritious, or more attractive.
2. Broths and clear soups.
3. Beef juice and beef tea.
4. Cereal gruels.
5. Raw eggs combined with water, milk, fruit juice, etc.

*Soft or Semi-Solid Diet.*

This is the intermediate diet between the fluid diet and the simple mixed diet and is generally more acceptable to the patient. It includes everything that is found in the liquid diet, and, in addition, soft cooked eggs, soups, broths, toast, delicate cream soups, chicken broth, soft custards, fruit gelatines, light puddings.

*Light or Convalescent Diet.*

During convalescence the digestive tract participates in the weakness of the rest of the body and special attention should be given the diet.

"The diet should be simple—only a few kinds of food at a time and those plainly but carefully cooked and seasoned.

Meals should be served with strict regularity.

The appetite should be tempted by the appearance of the tray."

Convalescent diet includes foods from the fluid and soft diets with other easily digested and nourishing foods added. The amount and variety may be increased from day to day.

*Special Diets*—are those ordered by the physician for individual cases, such as for diabetes, gout, tuberculosis, etc.

## RECIPES

### ACID BEVERAGES

Beverages made from fruit juices are cooling and refreshing and especially grateful to fever patients.

Wash lemons and oranges, and when using the juice remove the seeds.

Whenever cold water is to be used instead of very hot or boiling water in preparing drinks, it is better to use sugar syrup for sweetening in place of sugar, which requires time to dissolve.

### SUGAR SYRUP

$\frac{1}{2}$  cupful sugar,

$\frac{1}{2}$  cupful boiling water.

Mix the sugar and water and stir until the sugar is dissolved. Boil for 15 minutes without stirring, cool and bottle until ready to use.

### LEMONADE

1 lemon

$\frac{3}{4}$  cupful boiling water,

2 tablespoonfuls sugar,

$\frac{1}{2}$  thin slice lemon.

Wash and wipe lemon; cut a very thin slice from middle. Squeeze juice into a bowl (keeping back the seeds), add the sugar and boiling water; cover and put on ice to cool. Strain and pour into a glass or sherbet cup.

Cut half the slice of lemon into two pieces, and use as garnish in glass; or a few berries or slice of orange may be used.

Note.—The quantity of sugar used depends upon the acidity of fruit.

### FRUIT LEMONADE

Add fresh fruit of all kinds to strong lemonade, using boiling water for the beverage, cool and chill on ice.

### BRAN LEMONADE

$\frac{1}{4}$  cupful wheat bran,  
2 cupfuls cold water,  
Juice 1 lemon.

Allow the bran and water to stand overnight. Strain and add the juice of the lemon.

### SODA OR APOLLINARIS LEMONADE

Juice of 1 lemon,,  
1 or 2 tablespoonfuls sugar,  
 $\frac{3}{4}$  cupful cold water,  
 $\frac{1}{4}$  teaspoonful soda.

Prepare the lemonade to taste, cool, add the soda, stir thoroughly, and drink while effervescing.

Water and soda may be omitted and Apollinaris water substituted.

### PINEAPPLE LEMONADE

$\frac{1}{2}$  cupful grated pineapple or juice,  
Juice of 1 lemon,,  
2 tablespoonfuls sugar,  
 $\frac{1}{2}$  cupful boiling water,  
1 cupful ice-cold water.

and soda may be omitted and Apollinaris water substituted.

Mix pineapple, lemon juice and sugar, and add the boil-

Note.—Put glass on plate when soda is added. Water

Juice of  $\frac{1}{2}$  orange,  
ing water. Cool, add ice-cold water, strain and serve.

Note.—Canned pineapple may be used or Hawaiian pineapple juice.

### GRAPE LEMONADE

Make one cupful lemonade, rather sweet, add one-fourth cupful Grape Juice.

### EGG LEMONADE

See "Albuminous Beverages" for recipe.

### ORANGEADE I.

- 1 sour orange,
- $\frac{1}{2}$  cupful boiling water,
- 2 tablespoonfuls sugar,
- $\frac{1}{2}$  sliced orange.

Prepare as for lemonade. If orange is not very sour, add a little lemon juice or use less sugar.

### ORANGEADE II.

Put two tablespoonfuls of crushed ice in a glass, and pour the juice of one orange over it. Sweeten if desired.

### FRUITADE

- $\frac{1}{4}$  cupful grated pineapple,
- Juice of  $\frac{1}{2}$  lemon,
- Juice of  $\frac{1}{2}$  orange.
- 1 cupful boiling water,
- Sugar.

Prepare fruit juice. Add the boiling water and one tablespoonful sugar; let stand until cool. Add more water or sugar if necessary. Strain and serve *cold*.

### MALTED MILK AND CURRANT JELLY

- 1 tablespoonful Horlick's Malted Milk,
- $\frac{1}{4}$  cupful boiling water,
- 1 tablespoonful currant jelly,
- $\frac{3}{4}$  cupful cold water,
- Cracked ice.

Mix the malted milk powder with enough of the boiling water to make a smooth paste, add the jelly and the rest of the water, and stir until the jelly is dissolved. Add the cold water and ice, strain and serve.



### CURRENT WATER

$\frac{1}{4}$  cupful currant juice or  
4 tablespoonfuls currant jelly,  
 $\frac{1}{2}$  cupful boiling water,  
 $\frac{1}{2}$  cupful cold water,  
Lemon juice and sugar.

Dissolve the jelly in the boiling water, add the cold water, sweeten to taste and add a little lemon juice if desired. Serve cold.

### APPLE WATER

1 sour apple,  
1 cupful boiling water,  
Lemon juice and sugar.

Cut the apple without paring into small pieces. Add the boiling water and one tablespoonful sugar. Cover, let stand until cold, then strain, add lemon juice and sugar to taste. Serve cold.

### TEA PUNCH

Tea Punch is an excellent hot weather beverage. Pour boiling lemonade (sweetened to taste) over tea leaves and allow liquid to stand until cold. Strain and serve in a tall glass with crushed ice and a slice of lemon. Use 1 teaspoonful tea to 1 cupful lemonade.

### ALBUMINOUS BEVERAGES

When a large amount of nourishment is required the aluminized drinks are valuable.

Often the white of egg dissolved in water or milk is given when the yolk cannot be digested.

### EGG-NOG

- 1 egg,
- $\frac{3}{4}$  tablespoonful sugar,
- Few grains salt,
- $1\frac{1}{2}$  tablespoonfuls sherry, or
- $\frac{1}{2}$  teaspoonful vanilla,
- $\frac{2}{3}$  cupful cold milk.

Beat egg slightly, add the sugar, salt and slowly the flavoring, then add gradually the milk. Strain and serve.

### COFFEE EGG-NOG

- 1 egg.
- 1 teaspoonful sugar.
- Few grains salt.
- $\frac{2}{3}$  cupful filtered coffee.

Beat the egg slightly, add the sugar, salt and coffee gradually, set in a pan of hot water and continue stirring until hot enough to be agreeable to the taste, taking care to keep the mixture below the point at which the albumin coagulates.

### EGG BROTH

- 1 egg yolk.
- 1 tablespoonful sugar.
- Few grains of salt.
- 1 cupful hot milk.
- Flavoring.

Beat the egg yolk, add the sugar and salt. Pour on carefully the hot milk. Flavor as desired.

The whole egg may be used. Hot water, broth or coffee may be used in place of the hot milk. Nutmeg may be used for flavoring.

### EGG LEMONADE

- 1 egg.
- 1 tablespoonful powdered sugar.
- $\frac{1}{4}$  cupful cold water.
- 2 tablespoonfuls lemon juice.
- 2 tablespoonfuls crushed ice.

Beat the egg slightly, add the sugar, water, and lemon juice. Strain over crushed ice.

### ORANGE ALBUMEN

- 1 egg white.
- $\frac{1}{3}$  cupful orange juice.
- 2 tablespoonfuls crushed ice.
- Syrup.

Stir white of egg, using a silver fork, add gradually the orange juice, and strain over crushed ice; add syrup if necessary.

### ALBUMINIZED MILK

- 1 egg white.
- $\frac{1}{2}$  cupful milk.
- Few grains salt.

Stir egg, using a silver fork. Add the milk gradually, and the salt. Strain and serve.

### A CUP OF TEA

- 1 teaspoonful tea.
- $\frac{3}{4}$  cupful boiling water.

Heat a cup. Put in the tea, pour on the water which is boiling, cover and let stand in a warm place three minutes. Strain into a hot cup, and serve with sugar and cream or milk.

### BREAKFAST COCOA

- 1 teaspoonful cocoa.
- 1½ teaspoonfuls sugar.
- 1-3 cupful boiling water.
- ½ cupful scalded milk.
- Few grains salt.

Mix cocoa, sugar, and salt, and add water, gradually stirring constantly. Bring to boiling point and let boil one minute. Turn into the scalded milk and beat one minute, using a Dover Egg Beater. This is known as milling, and prevents the forming of scum, which is so unsightly.

### FLAXSEED TEA

- 2 tablespoonfuls flaxseed.
- 1 quart boiling water.
- 1½ tablespoonfuls cream of tartar.
- Syrup.
- Slices of lemon.

Pick over and wash the flaxseed. Add boiling water and cream of tartar, and let simmer until the liquid is reduced one-half. Strain cool and sweeten and serve with lemon.

### GINGER TEA

- ½ teaspoonful ginger.
- ½ cupful boiling water.
- ½ cupful milk.

Add the boiling water to the ginger and let boil one minute, then add the milk. Serve very hot.

### TOAST WATER

- 2 slices stale bread.
- 1 cupful boiling water.

Cut stale bread in slices and remove crusts. Bake in a slow oven until thoroughly dry and brown. Break in pieces, add water, cover and let stand one hour. Squeeze through cheese cloth. Season with salt and serve hot. Good in extreme cases of nausea.

### LIME WATER

1 tablespoonful slacked lime.

1 quart boiling water.

Put the lime and water in a corked bottle and shake two or three times during the first hour. The lime should then be allowed to settle and after 24 hours the upper clear fluid poured off. Keep in a tightly corked bottle in a cool place.

### MILK

For directions for sterilizing and pasteurizing milk, see "The Care of Children," page 534.

### MALTED MILK

Mix one tablespoonful Horlick's Malted Milk powder with enough warm water to make a smooth paste; add  $\frac{3}{4}$  cupful hot water, stirring all the time. Hot milk may be used in place of water.

### PEPTONIZED MILK (COLD PROCESS)

Fairchild's Peptonizing Powder 1 tube.

$\frac{1}{2}$  cupful cold water.

1 pint fresh milk.

Put the powder in to a sterilized quart bottle, add the water, and shake until the powder is dissolved; then add the milk, cover, shake and place on ice. Use as needed, always returning to ice at once. If ice cannot be obtained make only enough for one serving, for if allowed to stand artificial digestion will go on to such an extent that the milk will have a bitter taste.

### PEPTONIZED MILK (WARM PROCESS)

Make like peptonized milk (cold Process); set the bottle in a pan of warm water (115° F) and keep at this temperature 10 minutes. Serve at once. Put remainder on ice or bring quickly to boiling point to check digestion.

### KOUMISS

- 1 quart milk.
- 1½ tablespoonfuls sugar.
- $\frac{1}{4}$  yeast cake.
- 1 tablespoonful lukewarm water.

Heat the milk to lukewarm, add sugar and yeast dissolved in lukewarm water. Fill sterilized bottles to within one and one-half inches of the top. Cork and shake. Place bottles, inverted where they can remain at a temperature of 70° Fahrenheit for ten hours; then put on ice for 48 hours, shaking occasionally to prevent cream from clogging the mouth of the bottle. Koumiss is often retained by those suffering from gastric troubles.

### WINE WHEY

- 1 cupful milk.
- 2 teaspoonfuls sugar.
- $\frac{1}{2}$  cupful sherry wine.

Pour the wine into the warm milk and cook over hot water about five minutes, or until the curd separates from the whey. Strain through cheese-cloth and sweeten. Serve hot or cold.

### LEMON WHEY

- 1 cupful milk.
  - 2 teaspoonfuls sugar.
  - 3 tablespoonfuls lemon juice.
- Prepare in the same manner as whine whey.

### RENNET WHEY

- 1 cupful milk.
- 2 teaspoonfuls sugar.
- 1 teaspoonful rennet.

Heat the milk until lukewarm, add the sugar and stir until the sugar is dissolved, add the rennet; leave until firm in a moderately warm place; allow it to stand twenty minutes. Break the curd and strain through double cheese-cloth. Flavor if desired.



### GRUELS

Gruels are cooked mixtures of cereals and water, or milk and water. In preparing gruel the cereal should be thoroughly cooked for several hours. Milk or cream when used should be added just before serving as milk subjected to a high temperature for a long time is made difficult to digest.

#### CRACKER GRUEL

3 tablespoonfuls cracker crumbs.

$\frac{1}{2}$  cupful boiling water.

$\frac{1}{2}$  cupful milk.

$\frac{1}{4}$  teaspoonful salt.

Add the powdered cracker crumbs to the milk and water, cook for ten minutes over hot water, add salt and serve. The flavor is improved if the crackers are browned before rolling.

#### CORN MEAL GRUEL

$1\frac{1}{2}$  cupfuls water.

1-6 teaspoonful salt.

1 tablespoonful corn meal.

Pour the milk into the boiling salted water; cook directly over the heat fifteen minutes, stirring constantly, then over boiling water for three hours. Thin with hot milk just before serving.

#### OATMEAL GRUEL

$\frac{1}{4}$  cupful rolled oats.

$1\frac{1}{2}$  cupfuls boiling water.

$\frac{1}{4}$  teaspoonful salt.

Milk or cream.

Add cereal and salt to the boiling water, let boil two minutes, then cook over hot water 1 hour or longer, strain, bring to boiling point, add milk or cream.

### FARINA GRUEL

$\frac{1}{2}$  tablespoonful Farina.

$\frac{3}{4}$  cupful boiling water.

$\frac{1}{2}$  cupful milk.

1 egg yolk.

$\frac{1}{4}$  teaspoonful salt.

Add Farina and salt to the boiling water, boil 20 minutes. Add the milk and reheat. Beat the egg yolk slightly, dilute with two tablespoonfuls of the mixture, add the remaining mixture, season and strain.

### MILK PORRIDGE

$1\frac{1}{4}$  cupfuls milk.

1 tablespoonful flour.

2 raisins.

$\frac{1}{4}$  teaspoonful salt.

Mix the flour gradually with the one-fourth cupful cold milk and stir into the one cupful hot milk; if raisins are used, cut them in quarters and cook with the porridge; it should be cooked over boiling water one hour. The salt should be added just before serving.

## BROTHS

### BEEF JUICE

Broil a slice of the round of beef one minute over a clear fire. Cut the meat into small pieces, and press out the juice, using a lemon squeezer or meat press. The press should be heated. Season with salt and serve in a colored glass.

### BEEF TEA

1 pound beefsteak cut from the round.

2 cupfuls cold water.

Salt.

Remove fat, wipe the beef and put through meat chopper. Put in a glass jar, add cold water, cover, and let stand twenty minutes. Place on a rack in kettle of cold water, having the water surround the jar as high as the contents. Heat the water gradually, keeping temperature at 130° Fahrenheit for two hours, then increase temperature slightly until the liquid becomes a chocolate color and the albuminous juices are slightly coagulated; otherwise the tea will have a raw taste.

### CLAM BROTH

3 large clams (in shell).

$\frac{1}{2}$  cupful water.

Wash the clams thoroughly with a brush, and place them in water over the fire. As soon as the shells open, the broth is done. Strain through muslin and serve.

### CHICKEN BROTH

3 $\frac{1}{2}$  pounds chicken.

1 $\frac{1}{2}$  quarts cold water.

2 tablespoonfuls rice.

1 $\frac{1}{2}$  teaspoonfuls salt.

Few grains of pepper.

Clean the chicken; remove the skin and fat, disjoint, and wipe with a wet cloth. Put in a kettle, add cold water, heat to boiling point, skim and cook slowly until meat is tender. Add salt and pepper when half cooked. Strain and remove fat. Add the rice and cook until rice is tender.

### SOFT COOKED EGG

Place the egg in one pint boiling water, remove from the fire, cover and allow it to stand from five to eight minutes.

### HARD COOKED EGG

Place the egg in cold water, cover, and heat slowly to the boiling point. Remove from the fire and allow it to stand twenty minutes on the back of the range; then put into cold water.

### POACHED EGG

Break the egg into a saucer, slip the egg into boiling water, cover, remove to cooler part of the fire, and cook five minutes or until white is firm, and a film is formed over the yolk. Take up with a skimmer, drain, trim off the rough edges, and serve on a slice of toast. Season.

### OMELET

1 egg.

1-16 teaspoonful salt.

White pepper.

1 tablespoonful milk.

$\frac{1}{2}$  teaspoonful butter.

Beat the yolk of the egg until light and creamy, add the seasoning and milk; beat the white until stiff, but not dry, cut it into the yolk; heat the omelet pan and rub it all over with the butter, turn in the omelet, spread it evenly on the pan. When the omelet is set put it into a hot oven for a few minutes to dry slightly on top, fold and serve immediately.

### CREAMY OMELET

1 egg.

1 tablespoonful milk.

$\frac{1}{8}$  teaspoonful salt.

Pepper.

$\frac{1}{2}$  teaspoonful butter.

Beat egg slightly, add milk and seasonings; put butter in hot omelet pan, when melted turn in the mixture; as it cooks draw the edges toward the center with a knife until the whole is of a creamy consistency. Place on the hotter part of the range that it may brown quickly underneath; fold and turn on hot platter.

### BREAD OMELET

2 tablespoonfuls bread crumbs.

$\frac{1}{8}$  teaspoonful salt.

Pepper.

2 tablespoonfuls milk.

1 egg.

$\frac{1}{2}$  teaspoonful butter.

Soak the bread crumbs in the milk for fifteen minutes, then add the salt and pepper. Separate the yolk and white of the egg and beat until light. Add the yolk to the bread and milk and cut in the white. Cook as a plain omelet.

### CREAMY EGG

1 egg.

$\frac{1}{4}$  cupful hot milk.

$\frac{1}{4}$  teaspoonful salt.

$\frac{1}{2}$  tablespoonful butter.

Pepper.

Toast.

Beat the egg slightly, add the butter and seasoning. Pour the milk over the egg and cook in a double boiler. As it thickens scrape it away slowly with a spoon. Continue in this way until only a small amount of liquid remains. If over heated it will curdle. Serve on toast.

### BAKED EGG

Butter slightly a saucer or small shallow dish, slip into this one or two eggs, being careful not to break the yolk. Place the dish in a pan of hot water and cook in the oven until the white is set, season with salt and serve.

## SHIRRED EGG

A Shirred Egg is prepared in the same manner as a Baked Egg and cooked on top of the range instead of in the oven.

## EGGS

Eggs to be readily digested should be cooked in water below the boiling point.

## EGGS IN A NEST

Break egg and separate yolk from the white. Beat the white until stiff, then add a few grains of salt. Pile on a circular piece of toasted bread first dipped in hot salted water. Make a depression in the center of the white and drop in the yolk. Bake in a moderate oven until delicately brown. Serve with white sauce or tomato sauce.

## DESSERTS

### SOFT CUSTARD

1 cupful milk.

1 egg yolk.

1½ tablespoonfuls sugar.

Salt.

5 drops vanilla.

Beat the egg slightly, add the sugar and salt. Scald the milk and pour over the first mixture. Return to double boiler, stirring constantly until it thickens, strain, and when cool, flavor.

### BAKED CUSTARD

1 egg.

1½ tablespoonfuls sugar.

Few grains salt.

2-3 cupful scalded milk.

A few gratings of nutmeg.



Beat egg slightly, add sugar and salt. Pour on slowly the hot milk, strain into small buttered molds, sprinkle with nutmeg, set in pan of hot water, and bake in a slow oven until firm. Remove from molds for serving.

### BAKED COFFEE CUSTARD

2/3 cupful milk.  
1 tablespoonful ground coffee.  
Few grains salt.  
1 egg.  
1/2 teaspoonful vanilla.  
1 1/2 tablespoonfuls sugar.

Scald the milk with the coffee. Strain, and make like Baked Custard. Omit flavoring, if desired.

### JUNKET CUSTARD

3/4 cupful milk.  
1 tablespoonful sugar.  
1/4 teaspoonful vanilla.  
1/4 Junket tablet.  
1 teaspoonful cold water.  
A few grains of salt.

Heat the milk until lukewarm, add the sugar, salt, flavoring, and tablet dissolved in cold water. Pour into small molds, let stand in a warm place until set, then put in a cold place to chill. Remove from molds, and serve with or without sugar and cream.

### CARAMEL JUNKET

3/4 cupful milk.  
1 1/2 tablespoonfuls sugar.  
Few grains salt.

Heat the milk until lukewarm. Caramelize the sugar by stirring over heat until melted to a light brown syrup, add boiling water, and cook until reduced to one tablespoonful. Add to the milk, and when well mixed add tablet dissolved in cold water and vanilla. Mold, chill when set, and serve.

### CUSTARD PUDDING

- 1 tablespoonful minute tapioca or
- 1/8 cupful pearl tapioca or rice.
- 1/2 cupful milk.
- 1/2 egg (yolk).
- Salt.
- 1/2 egg (white).
- 3 drops vanilla or other extract.
- 1 tablespoonful sugar.

If pearl tapioca is used, soak the tapioca in enough cold water to cover it, until it absorbs the water, add the milk, and cook until the tapioca is soft and transparent, add the yolk of egg, sugar and salt, cook three minutes, remove from the fire; add the beaten white and flavoring, and when cold serve. Rice must be cooked until soft. The white of egg may be used as a meringue, and put on the pudding, then browned slightly in the oven. Minute tapioca requires no soaking.

### LEMON JELLY

- 1 teaspoonful granulated gelatine.
- 2 tablespoonfuls cold water.
- 1/2 cupful boiling water.
- 2 tablespoonfuls sugar.
- 1 tablespoonful lemon juice.

Soak the gelatine in cold water, add the boiling water, sugar and fruit juice, stir until the sugar is dissolved, strain. Set in a cool place to stiffen.

### ORANGE JELLY

- 1 teaspoonful granulated gelatine.
- 2 tablespoonfuls cold water.
- $\frac{1}{4}$  cupful boiling water.
- 3 tablespoonfuls sugar.
- $\frac{1}{4}$  cupful orange juice.
- 2 teaspoonfuls lemon juice.

Soak the gelatine in the cold water, add the boiling water, sugar and juice, stir until the sugar is dissolved, strain. Other fruit juice may be used.

### COFFEE JELLY

- 1 teaspoonful granulated gelatine.
- 2 tablespoonfuls cold water.
- $\frac{1}{4}$  cupful strong coffee.
- 2 tablespoonfuls sugar.
- $\frac{1}{4}$  cupful boiling water.

Soak the gelatine in the cold water, add the boiling liquid and sugar, stir until the sugar is dissolved, strain. Set in a cold place to harden. Serve with cream.

### SNOW PUDDING

- 1 teaspoonful granulated gelatine.
- 2 tablespoonfuls cold water.
- $\frac{1}{4}$  cupful boiling water.
- $\frac{1}{4}$  cupful sugar.
- 1 tablespoonful lemon juice.
- 1 white of egg.

Prepare as for lemon jelly; beat the white of the egg until light, and when the jelly begins to thicken, add the white to it. Beat until smooth and nearly hard, then pour into custard cups or sherbet glasses to harden.

Serve with Soft Custard.

### CHARLOTTE RUSSE

1½ teaspoonfuls granulated gelatine.

3 tablespoonfuls cold water.

¼ cupful scalded cream.

2½ tablespoonfuls powdered sugar.

½ teaspoonful vanilla.

¾ cupful cream (whipped).

6 lady fingers.

Soak the gelatine in cold water until soft; add the hot cream and sugar. Place the bowl in ice water and stir constantly. When the mixture forms a thick syrup add flavoring and pour slowly on the whipped cream. The utensil holding the whipped cream must be surrounded by ice water. Trim the sides and ends of the lady fingers and place them one-half inch apart around the sides of the mold, the crust side next to the mold, and fill with the mixture. When thoroughly chilled, turn out on a glass dish.

### ICE CREAM

#### General Rules

A pint freezer may be used or the following utensils may be substituted: a half pound baking-powder can, a wooden spoon, a bowl or a small wooden tub to form outside of freezer. The tin can should be water tight.

The ice must be broken into fine pieces and mixed with the rock salt; use three times as much ice as salt for freezing. Pour the mixture which is to be frozen into the can. Surround the can with ice and salt, beat the mixture, and as it freezes scrape from the sides of the can with a wooden spoon; cover and turn can back and forth, scraping cream from the bottom and sides every five minutes. When it is frozen throughout, beat well, and pack in a smaller can or ice cream mold, if desired. In serving, wash salt from the mold with cold water, wipe, remove cover and slip a knife around the inner edge of the mold, and invert the mold over serving plate.

### VANILLA ICE CREAM

- $\frac{1}{2}$  cupful cream.
- 1 tablespoonful sugar.
- $\frac{1}{2}$  teaspoonful vanilla.

Scald the cream in the top of double boiler and dissolve the sugar in it; when cool, add vanilla and freeze.

### CARAMEL ICE CREAM

- $\frac{1}{2}$  cupful cream.
- 2 teaspoonfuls sugar.
- 2 tablespoonfuls caramelized sugar.

Scald the cream and dissolve the sugar and caramel in it; when cold, freeze.

### STRAWBERRY ICE CREAM

- $\frac{1}{2}$  cupful cream.
- $\frac{1}{4}$  cupful sugar.
- $\frac{1}{2}$  cupful strawberries.

Rinse, hull and mash the strawberries, add the sugar and scalded cream and freeze.

### MILK SHERBET

- $\frac{1}{2}$  cupful milk.
- 1 tablespoonful lemon juice.
- $\frac{1}{4}$  cupful sugar.

Dissolve the sugar in the strained lemon juice, add the milk and freeze.

### ORANGE ICE

- $\frac{1}{2}$  cupful water.
- $\frac{1}{4}$  cupful sugar.
- Rind of  $\frac{1}{4}$  orange.
- $\frac{1}{2}$  cupful orange juice ( $1\frac{1}{2}$  oranges).
- $\frac{1}{2}$  tablespoonful lemon juice.

Boil the water, sugar and rind of one-quarter orange for three minutes. Cool. Cut the top off the whole orange, and with a silver spoon remove the inside. When the syrup is cool, add the orange juice and strain. Freeze, and when ready to serve, fill the orange shell with the ice.

### MISCELLANEOUS RECIPES FOR CONVA- LESCENT DIET

#### CREAM OF CELERY SOUP

$\frac{1}{4}$  cupful celery.

$\frac{1}{2}$  cupful water.

$\frac{1}{4}$  cupful milk (heated).

$\frac{1}{4}$  cupful cream (heated) or  $\frac{1}{2}$  cupful milk.

$\frac{1}{2}$  tablespoonful butter.

$\frac{1}{2}$  tablespoonful flour.

$\frac{1}{8}$  teaspoonful salt.

Pepper.

$\frac{1}{8}$  teaspoonful Onion Juice.

Cook the celery in the boiling water until very tender; rub through a sieve and add the hot milk and cream. Melt the butter, add the flour, and when well blended, add the hot liquid. Cook until thick, season, strain and serve.

#### POTATO SOUP

$\frac{1}{2}$  cupful potato.

$\frac{3}{4}$  cupful milk (scalded).

$\frac{1}{8}$  teaspoonful onion juice.

$\frac{1}{2}$  teaspoonful butter.

$\frac{1}{2}$  teaspoonful flour.

$\frac{1}{8}$  teaspoonful salt.

White pepper.

$\frac{1}{4}$  teaspoonful parsley, chopped fine.

Cook the potatoes until soft, drain, mash, add the hot milk and seasoning, strain, and use this with the butter and flour to make a white sauce. Add the chopped parsley just before serving.



### STUFFED POTATO

1 teaspoonful butter.

$\frac{1}{2}$  tablespoonful hot milk.

$\frac{1}{8}$  teaspoonful salt.

1 baked potato.

Pepper.

Cut the potato in half, lengthwise; then without breaking the skin remove the inside; mash, season and return to wells, place in a pan in a hot oven until light brown.

### POTATO BORDER

Serve creamed meat with a border of mashed potato. Place a cup inverted in the centre of a plate. Pile mashed potatoes around the cup, remove cup and fill potato border with creamed meat or fish.

### HAMBURG STEAK

2 tablespoonfuls scraped beef.

1-6 teaspoonful salt.

$\frac{1}{8}$  teaspoonful onion juice.

$\frac{1}{8}$  teaspoonful chopped parsley.

Pepper.

Use beef cut from the round. Scrape the meat from the connective tissues with a dull knife and mix the seasoning with it. Form into a cake and broil or pan-broil. Garnish with parsley and serve hot.

### VEAL CUTLET

1 cutlet, breaded (dipped in beaten egg and fine bread crumbs). Brown the cutlet in a hot omelet pan using one-quarter tablespoonful of butter.

## SAUCE FOR VEAL CUTLET

- $\frac{1}{4}$  tablespoonful butter.
- $\frac{1}{2}$  tablespoonful flour.
- $\frac{1}{8}$  teaspoonful salt.
- $\frac{1}{2}$  cupful stock or water.
- $\frac{1}{4}$  teaspoonful Worcestershire sauce.
- $\frac{1}{4}$  tablespoonful chopped parsley.

Prepare as a brown sauce, and pour over the cutlet, cover and cook at a low temperature until very tender.

## SQUAB IN PAPER

Singe, remove the pin feathers, head, feet, tips of wings and crop, split through the back; clean and wipe inside and out with a damp cloth. Fold in a buttered paper, place in a pan and bake in a hot oven for twenty-five to forty minutes. It should be turned frequently while cooking. It may be broiled over the coals in fifteen minutes.

## SWEETBREADS

Soak the sweetbreads in cold water for ten minutes. Parboil fifteen minutes in boiling salted water, then place in cold water. Remove the skin and membranes. The sweetbreads may be served with a cream sauce, or broiled.

## SCALLOPED FISH

- $\frac{1}{4}$  cupful halibut or other white fish.
- $\frac{1}{4}$  cupful sauce.
- $\frac{1}{2}$  cupful buttered crumbs.

## SAUCE

- $\frac{1}{2}$  tablespoonful butter.
- $\frac{1}{2}$  tablespoonful flour.
- Salt and pepper.
- $\frac{1}{4}$  cupful milk.
- Parsley may be added if desired.

Flake the fish, and season with salt and pepper. Butter a shell or individual baking dish, sprinkle with some of the crumbs. Add the fish and then the sauce, made according to directions for white sauce. Cover with the remaining crumbs and bake until brown.

### DRY TOAST

Cut stale bread in slices and remove crust. Place in toaster and hold over the fire to dry one side, turn and dry the other side. Hold nearer coals to brown first on one side, then on the other. The moisture in the bread should be nearly evaporated, thus making the toast dry and crisp. By this means of toasting some of the starch becomes dextrinized, and the bread is thus rendered easier of digestion.

Toast should never be piled one slice on another. If a toast rack is not at hand, balance toast against cup placed in warm plate until serving time.

If toast is desired in finger-shaped pieces, triangles, or fancy shapes, it must be cut as desired before being toasted.

### WATER TOAST

- 2 slices dry toast.
- 1 cupful boiling water.
- $\frac{3}{4}$  teaspoonful salt.
- $\frac{1}{2}$  teaspoonful butter.

Dip the toast, each piece separately, in boiling salted water, remove to a hot dish, spread with butter, and serve at once.

### MILK TOAST

- 2 slices dry toast.
- $\frac{1}{2}$  tablespoonful butter.
- $\frac{3}{4}$  cupful scalded milk.
- $\frac{1}{4}$  teaspoonful salt.

Butter bread, arrange on hot dish, and pour over milk to which salt has been added.

### BRAN MUFFINS

$\frac{1}{2}$  cupful flour.  
 $\frac{1}{2}$  teaspoonful soda.  
 $\frac{1}{4}$  teaspoonful salt.  
1 cupful bran.  
 $\frac{1}{2}$  cupful milk.  
 $2\frac{1}{2}$  teaspoonfuls molasses.  
1 egg.

Mix and sift flour, soda and salt. Add the bran, molasses and milk; then egg well beaten. Bake in hot buttered gem pans twenty-five minutes in a moderate oven.

### RECIPES FOR THE DIABETIC (Fannie M. Farmer)

#### COFFEE WITH EGG

Use recipe for boiled coffee. Beat one egg slightly and place in a cup, add coffee gradually stirring all the time to fill the cup. Sweeten with  $\frac{1}{4}$  to  $\frac{1}{2}$  gram saccharine dissolved in half teaspoonful cold water.

#### CREAM EGG-NOG

1 egg.  
1 tablespoonful cream.  
 $\frac{1}{4}$  cupful cold water.  
 $\frac{1}{2}$  grain saccharine dissolved in 1 teaspoonful water.  
Few grains salt.  
Few grains nutmeg.

Beat the egg slightly, add the cream and water, then the dissolved saccharine, salt and nutmeg.

### GLUTEN MUFFINS

1 cupful Gum Gluten self-raising.

1 cupful milk.

$\frac{1}{2}$  teaspoonful salt.

1 egg.

Beat the egg, and add the milk. Sift the gluten and salt and add gradually to the egg and milk. Beat thoroughly. Pour into greased muffin tins and bake in a moderate oven.

### SALT CODFISH WITH CREAM

Pick salt codfish into pieces, there should be two tablespoonfuls. Cover with warm water, let soak until soft. Drain, add three tablespoonfuls cream and as soon as hot add the slightly beaten yolk of one egg.

### ASPARAGUS SALAD

Drain and rinse four stalks of canned or cooked fresh asparagus. Arrange on lettuce and serve with French Dressing.

### FRENCH DESSERT

$\frac{1}{2}$  cupful cream.

1 egg white.

Few grains salt.

$\frac{1}{8}$  teaspoonful vanilla.

Fruit.

Scald the cream in top of double boiler. Beat the egg white until stiff, add the salt, vanilla and cream. Turn into a buttered mold, set in a pan of hot water and bake until firm. Serve with sliced fruit.

## CHAPTER XXXII

### TABLE SERVICE

Rules for laying the table and all methods of serving have been formulated to bring about neatness, convenience, and order. The occasion, size of the dining room, the number of guests, and the servants, all have to be considered in planning for serving a meal. Therefore the method of serving is governed by conditions.

Three styles of table service are in use in American homes. These are known as the Russian, the English, and the American styles.

The Russian style of service is the most formal. All food is served from the side table or pantry by the attendants, upon whom falls the entire responsibility of the service. Upon the table are placed only decorations and the individual covers and, sometimes, such dishes as olives, nuts, almonds, bon-bons, which may very properly form a portion of the table decorations. This form of service is best adapted for formal dinners and luncheons. It may also be used for all meals by those who care for form and have a full staff of well-trained servants, but it should not be carried out unless there is at least one waitress for each eight persons.

The English style of service breathes hospitality rather than formality. It permits personal attention on the part of the host and hostess to the needs of those about them. The food is served from the table, the hostess serving the soup, the salad and the dessert, and the host carving and serving the fish and roast. The vegetables may also be placed upon the table and may be served by some one at the table or passed by the waitress. Except for relishes, bread



and butter, and such foods as pertain alike to all courses, only one course appears at a time on the table. Everything pertaining to one course is removed before another course is served. This is the style of service often employed in homes where no servants, or only one, is kept.

The American style of service is a combination of the Russian and the English styles. In some courses, the food (especially if it presents an attractive appearance) is served from the table according to the English custom; in other courses, the food is served in the Russian manner. It is a simpler and more home-like service than the Russian and somewhat more formal than the English.

The dining room should be cleaned, aired and dusted. Care should be taken that it is well lighted and that the temperature is comfortable, about sixty-eight degrees Fahrenheit.

*Table Coverings.* There are, in general use, two ways of covering the table: one, covering the whole table; that is, using a tablecloth; the other, covering only portions of the table by the use of a center piece and doilies, or a lunchcloth. Sometimes the tablecloth is used for dinner, and doilies or lunchcloth for the other two meals. The use of small pieces of linen in place of the larger tablecloth is often a great saving of labor. Tablecloths must be ironed when they are very damp, in order to give them a smooth, glossy finish. To iron a three-yard tablecloth well means the work of at least forty-five minutes. When one or two spots are made on the cloth it necessitates washing it, while in the case of doilies, the soiled ones may be removed and others substituted, which means comparatively little work to keep the linen on the table clean. Unless, however, the table is well finished, a tablecloth is preferable.

It is correct to use at any meal a cloth that entirely covers the table. But for a breakfast, luncheon or supper, a bare table, carefully polished, may be used with a luncheon cloth, runners, or doilies placed upon it. If doilies are used, a doily is placed where each plate is to be set. The doilies

and the centerpiece should be of the same pattern. The doily on which a hot dish is to be placed should have a flannel lining under it to preserve the polish of the table.

If a tablecloth that entirely covers the table is to be used, first place a thick cloth of felt, canton flannel or asbestos to cover the table. This is called the "silence cloth" and not only protects a polished table but prevents noise in setting silver and china in place.

Put on the tablecloth, folds up, with the center of the cloth in the center of the table, and the folds straight with the edge of the table. If possible, have flowers, a fern or plant in the center of the table.

Napkins should be folded and placed at the left of the plate. A dinner napkin is folded four times; a luncheon napkin is folded twice to form a square or three times for either a triangle or oblong.

The arrangement of the table in general and of each cover in particular is of the utmost importance. All articles should be systematically and regularly placed upon the table and covers should be placed opposite each other.

Dishes of olives, celery, radishes, pickles, are sometimes placed upon the table, though they are, as are the nuts, bonbons, and relishes, more commonly offered at proper times by the waitress. They are often passed between courses. As a general thing, the host and hostess should be seated directly opposite one another and the "covers" arranged symmetrically on either side.

## *The Cover*

A "cover" is the place at the table for each person and consists of the plate, napkin, glass, silver, and other articles needed for the meal.

At least twenty-two inches of space should be allowed for a cover.

On formal occasions the "place" or "service" plate which is usually an ordinary dinner plate, is the basis of each cover.

The oyster plate and soup plate may be placed in turn upon it and later it is exchanged for the plate upon which the first hot course after the soup is served.

The quantity of china on the table depends upon the occasion and style of serving. In any form of service, the first course, if cold should be placed on the table before the guests are seated. If the first course is a hot food, it is always placed upon the table after the guests are seated.

For informal occasions, the bread and butter plate is used, this is placed above and a little to the left of the tines of the fork. Glasses are filled three-quarters full and placed just beyond the tip of the knife. A salt and pepper should be placed so as to be convenient for each two covers.

If the serving is to be done without a maid, it is advisable to place all of the china (except that which must be kept warm), glass, and silver to be used for the meal either on the table or on the serving table.

#### *Setting the Table*

The silver is placed in the order in which it is to be used beginning with that piece farthest from the plate. All silver is placed one inch from the edge of the table and at right angles to it. The knives are placed at the right of the plate with the sharp edge turned toward the plate; the spoons at the right, outside the knives with the inside of the bowl turned up, the soup spoon being outside the others with the exception of the oyster fork which is placed outside the knives and spoons at the right.

When the number of courses is such that little silver is required, all silver may be placed on the table before the meal is announced; when more than that placed on the table is required it is laid quietly with the course with which it is to be used. The table is not often set with more than three pieces on each side of the plate. It is best to lay dessert spoons and forks and coffee spoons by the plate at the time of serving. All silver should be kept at an equal distance from the edge of the table, on a line with the plate and napkin. Bread and butter spreaders, when used may be

placed at the right with the other knives, or across the right side of the bread and butter plate with the blade turned toward the center of the plate.

Though bread is not always served on formal occasions, sometimes a roll, a bread stick or a square of bread cut two inches thick is either laid upon the napkin or slipped between the folds of the napkin.

At formal dinners the place card is often used for convenience in seating the guests—a plain card inscribed in the hostess' hand with the name of the person for whom the seat is intended is most often used. These cards may have in the upper left hand corner, or in the center, the monogram, or initials of the hostess, or a dainty painting. They are placed upon the napkins.

The side table should be laid with care. Extra silver and a napkin like that pertaining to an individual cover—to be used in case of an emergency—are placed on the table. Any other extra china, glass, serving silver or cutlery which may be required should be ready on a side table as well as the napkin and tray to be used for crumbing. A napkin for handling hot plates and dishes should be at hand also.

Just before the meal is announced see that the glasses are filled and the water pitcher is refilled. Place butter on each bread and butter plate and see that a supply is at hand. See that bread is cut. Serve hot food on warm dishes, cold food on cold dishes.

Arrange all dishes in order for each separate course.

Place the finger bowls on dessert plates with doilies and fill one-third full before the meal is announced. The guest himself will remove the bowl and doily before the dessert is passed.

Have a small tray with a doily ready for passing sugar, cream, and small dishes and for removing salt, peppers and extra silver in clearing the table.

*General Rules for Serving:*

Work noiselessly.

Never pile dishes.

Have a reason for everything you do.

Bring in serving dishes first, then the food.

Remove the food first, then soiled china and silver, and last clean china and silver.

Everything needed only for one course should be removed before serving another course.

Crumbs are removed before the dessert course and between other courses if necessary, a clean napkin and plate being used for this purpose.

Dishes which admit of choice are passed at the left, held in left hand low enough so that the guest may serve himself easily. This is done so that the guest may conveniently use his right hand.

Dishes which do not admit of choice may be placed from the right but everything may be passed, placed, and removed from the left, excepting that drinks which are to be kept at the right side of the plate should always be placed there.

When the Russian style of serving is observed, the following plan of removing and placing plates at the close of a course is followed:

Carry the clean or served plate of the following course in the right hand and go to the left of the guest. Remove the soiled plate of the course just concluded with the left hand and then place the empty or served plate before the guest with the right hand. Then go to the kitchen or pantry with the soiled plate, return with a clean or served plate and proceed as before.

In following the English or American style of serving, if the first course is cold it may be on the table when the guests are seated. If the soup is the first course, place the soup plates on the place plates from the right, holding them in the right hand. Next remove the soup plates from the left of the guest (or remove soup and service plate and replace with a hot serving plate).

In serving the main course, first place the dish to be served (the platter of meat, for example) in front of the host. An



empty plate is placed before the host. Next get another clean plate, return to the left of the host, take up the served plate in the left hand and place the empty plate before him. Then go to the left of the guest and exchange the filled plate for place plate, return to side table to leave place plate. Again go to the left of the host, place a plate before him and proceed as before.

Serve the hostess first, then the guest at the host's right, then all on that side of the table, then the guest at the left of the host and all on that side.

When all the guests have been served to meat take the potatoes in the left hand (on a napkin) place a serving spoon and fork in the dish, and pass to each guest at the left. Pass the other vegetables in the same way. Pass vegetables a second time. See that glasses are filled.

When all are finished remove the roast; if a carving cloth is used, fold and remove it. Remove the plates as before, replacing them with salad plates. When all are finished remove salad plates and bread and butter plates.

Remove all silver not used, salts and peppers and relishes, using the tray.

Remove every thing from the table except the glasses, nuts or bon-bons. Crumb the table.

Place the dessert plates (with finger bowls) at each cover. The silver may be placed at the right or may be laid on the plate with the finger bowl.

Bring dessert and place before the hostess. Place the serving spoon and fork.

Standing at the hostess' left, replace filled dessert plate with an empty one. Serve the guest at right of the host first, exchanging a filled dessert plate for the empty one. Return to the hostess and repeat until all are served.

Pass the cake or wafers.

The coffee may be served by the hostess either in the dining room or living room.

Refill water glasses by handling from the bottom, draw to edge of table and fill, then put back in place.



Number of Courses

Two or three courses are enough for every day comfort and health. In formal serving, it is good taste not to have too many courses. A first course of grape fruit, fruit or oyster cocktail, a soup, a fish course, or some substitute for it, the main course with meat or fowl, a salad, dessert and coffee are sufficient.

The guests of honor sit at the right of the host and hostess. Either the hostess or the guest of honor may be served first.

SUGGESTED MENUS

BREAKFAST MENUS

	Hominy with Cream	
Soft Cooked Eggs		Toast
	Apple Sauce	
	Coffee	
	Orange	
	Scrambled Eggs with Bacon	
	Corn Muffins	
	Coffee	
	Cream of Wheat, Sliced Banana, Top Milk	
	Milk Toast	
Cocoa		Coffee
	Puffed Rice, Top Milk	
	Broiled Mackerel, Baked Potatoes	
Toast	Coffee	Cocoa
	Cream of Wheat with Dates	
Corned Beef Hash		Popovers
	Coffee	
	Corn Flakes, Top Milk, Bananas	
Salt Codfish Balls		Barley Muffins
	Coffee	

Baked Apples  
Oatmeal, Cream

Omelet

Popovers

Coffee

Grape Fruit  
Wheatena with Cream

Creamed Fish

Baked Potatoes  
Coffee

Corn Cake

Strawberries

Farina with Cream

Warmed over Lamb

Creamed Potatoes

Biscuits

Griddle Cakes, Maple Syrup

Coffee

Cantaloupe

Pettijohn's with Cream

Dried Beef Creamed

Hashed Brown Potatoes

Baking Powder Biscuits

Coffee

Sliced Peaches

Rolled Oats — Top Milk

Hamburg Steak

Baked Sweet Potatoes

Cinnamon Rolls

Coffee

Grapes

Cracked Wheat with Top Milk

Baked Beans

Brown Bread

Fish Cakes

Coffee

Baked Bananas  
 Puffed Wheat — Top Milk  
 Creamed Finnan Haddie                      Boiled Potatoes  
 Twin Mountain Muffins  
 Doughnuts, Coffee

Grape Fruit  
 Oatmeal — Top Milk  
 Fried Eggs                      Ham                      Baked Potatoes  
 Toasted Graham Bread  
 Coffee

Stewed Prunes  
 Cereal with Cream  
 Scrambled Eggs                      Barley Drop Biscuits  
 Coffee

Sliced Bananas  
 Cream of Wheat — Cream  
 Creamed Dried Beef on Toast  
 Coffee

Baked Apples  
 Cereal and Cream  
 Fried Bread                      Maple Syrup  
 Coffee

Apples  
 Hominy — Top Milk  
 Bacon                      Fried Eggs  
 Parker House Rolls  
 Coffee

Raspberries  
 Cereal with Cream  
 Boiled Ham                      Fried Sweet Potatoes  
 Cocoa

## THE HOUSEKEEPER

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### DINNER MENUS

Cream of Corn Soup Croutons

Ham Baked in Milk

Baked Potato Apple Jelly

Lettuce with French Dressing

Chocolate Bread Pudding

Roast Pork Roasted Brown Sweet Potatoes

Boiled Onions Parker House Rolls

Snow Pudding Steamed Custard

Tomato Soup

Lamb Chops Green Peas

Mashed Potato Baking Powder Biscuits

Banana and Date Dessert

Consommé

Beef Steak Stuffed Potatoes

Baked Squash Chopped Pickle

Pineapple, Cheese and Date Salad

Coffee Jelly — Whipped Cream

Roast Beef Mashed Potato Stewed Tomato

Celery, Apple and Nut Salad Parker House Rolls

St. James Pudding — Foamy Sauce

Ox-Tail Soup Toasted Crackers

Meat Loaf Scalloped Potatoes Harvard Beets

Grape Jelly Plain Muffins

Chocolate Blancmange — Sponge Cake

Cream of Celery Soup

Brown Stew of Veal Macaroni and Tomato

Cinnamon Rolls

Apple Brown Betty Sterling Sauce

## THE HOUSEKEEPER

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- Berkshire Soup
- Baked Halibut                      Duchess Potatoes
- Brussels Sprouts      Graham Bread
- Steamed Chocolate Pudding — Cream Sauce
- Beef Stew with Dumplings                      Mustard Pickles
- Stuffed Tomato Salad — Hot Cross Buns
- Strawberry Shortcake
- Tomato Bisque
- Broiled Mackerel                      Scalloped Potato with Cheese
- Lettuce Salad                      Crackers
- Strawberry Ice Cream                      Chocolate Cookies
- Cream of Corn Soup
- Broiled Ham      Spinach      Glazed Sweet Potatoes
- Bread Pudding                      Lemon Sauce
- Bean Soup
- Salmon Loaf      Egg Sauce      Baked Potatoes
- Carrots and Peas                      Bread
- Tapioca Cream
- Roast Chicken      Stuffed Potatoes      Boiled Onions
- Cranberry Jelly                      Mashed Turnips
- Pineapple and Cheese Salad
- Caramel Ice Cream                      Sunshine Cake
- Coffee
- Chicken Soup
- Tournadoes of Lamb      Mashed Potatoes      String Beans
- Corn Fritters
- Orange Sponge                      Orange Cake

## THE HOUSEKEEPER

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Cream of Pea Soup  
Stuffed Shoulder of Mutton      Baked Potatoes  
Asparagus on Toast      Grape Conserve  
Date Custard

Mullagatawny Soup  
Sausages      Boiled Potatoes      Scalloped Cabbage  
Cocoanut Pudding

Potato Soup      Crisp Crackers  
American Chop Suey      French Fried Potatoes  
Dressed Lettuce      Cinnamon Rolls  
Apple Tapioca

Hamburg Steak      Succotash      Mashed Potatoes  
Parker House Rolls      Rhubarb Conserve  
Cornmeal Fruit Pudding

Halves of Grapefruit  
Roast Beef      Roasted Brown Potatoes      Scalloped Tomato  
Nut Bread      Dressed Lettuce  
Strawberry Sponge      Sour Cream Cakes

Fruit Cup  
Lamb Chops      Green Peas      Scalloped Potato with Cheese  
Vegetable Salad  
Lemon Jelly      Honey Drop Cookies

### MENU FOR FORMAL DINNER

Oyster Cocktail  
Jellied Consomme      Cheese Crackers  
Olives      Celery  
Creamed Halibut in Pattie Shells  
Roast Lamb      Mint Sauce      Mashed Potatoes      Green Peas  
Lettuce      French Dressing



## THE HOUSEKEEPER

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Caramel Ice Cream	Fancy Cakes	Mints
Crackers	Cheese	
Café Noir		

### EVENING RECEPTION

Jellied Bouillon	Tiny Sandwiches	
Chicken Salad	Rolls	
Macaroon Ice Cream	Lady Fingers	Coffee
Consomme	Bread Sticks	
Oyster Patties	Coffee	
Concord Mousse	Little Cakes	
Fruit Punch		
Chicken Patties	Coffee	Graham Bread Sandwiches
Cafe Parfait	Macaroons	

### LUNCHEON OR SUPPER MENUS

Rice Croquettes	Tomato Sauce	Entire Wheat Bread
Apple Porcupine	Apple Sauce Cake	
Creamed Chicken on Toast	Lettuce and Cucumber Salad	
Orange Jelly	Chocolate Cookies	
Fish Chowder	Crisp Crackers	
Popovers	Cocoa	
Baked Pears	Hermits	
Ham Timbales	Baked Macaroni	
Date Muffins		
Fruit Salad	Crackers	
Lobster a la Newburg	Rolls	
Raspberries and Cream	Marguerites	
Tea		

# THE HOUSEKEEPER

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Salmon Croquettes	Cucumber Sandwiches	
Strawberries and Cream	Spanish Cake	
Chicken Salad	Twin Mountain Muffins	
Gingerbread and Whipped Cream	Coffee	
Baked Beans	Brown Bread	Chopped Pickle
Canned Cherries	Devil's Food Cake	
Oyster Stew	Dry Toast	Pickles
Norwegian Prune Pudding —	Custard Sauce	
Cold Sliced Corned Beef		Scalloped Corn
Bread	Currant Jelly	
Date Cake	Coffee	
Scalloped Potato with Cheese		Corn Muffins
Cranberry Conserve		
Tea	Cocoa Cake	
Beef Stew with Dumpling		
Sliced Oranges	Ginger Puffs	
Banana and Nut Salad	Parker House Rolls	
Graham Pudding	Cream Sauce	
Split Pea Soup		Crackers
Egg Salad	Bread	
Sliced Peaches	Cocoa	
Scalloped Oysters	Pickles	Rolls
Squash Pie	Cheese	
Meat Turnovers		
Graham Muffins	Pineapple and Cheese Salad	
Strawberries and Cream		

## THE HOUSEKEEPER

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Baked Sweet Potatoes

Apple Pie

Boiled Tongue

Tea

Tuna Fish Salad

Potato Chips

Chopped Pickle

Blueberry Pudding

Toasted Cheese Sandwich

Sliced Oranges and Bananas

Cocoa

Pecan Cakes

## CHAPTER XXXIII

### FOODS

The choice, care, preparation and serving of food are topics of vital interest to every homemaker. Until within the last few years experience—as represented by the practice of the best housekeepers—has been the chief source of information on these subjects, and such experience is in many respects a good and safe guide. But many scientific investigations as to the composition and nutritive value of food have been carried out so that we now have much authoritative knowledge on the subject.

#### NEEDS OF THE HUMAN BODY

The human body has often been compared to a steam engine in which the food we eat takes the part of fuel. This comparison is partly true, but is inadequate. A steam engine gradually wears out with use. Then the worn or broken parts must be replaced from some source without itself. The human body also wears away, but—unlike the steam engine—it has the power of rebuilding its own parts from the fuel (food) which it consumes. It can also bring about certain chemical changes whereby its fuel (food) is converted into new forms either for immediate use or for storage within the body against future needs. Hence the value of food depends in part upon its capacity to produce needed heat and energy, and in part upon its capacity to supply material for growth and repair of body waste.

Food is any substance which, when taken into the body, supplies it with energy or builds tissue. Foods are oxidized or burned in the body and that oxidation produces energy. They produce just as much energy when burned in the body as fat or sugar would produce if burned in a stove. The

energy produced in the body by the oxidation of foods is used to maintain the normal temperature of the body; to carry on the vital processes,—as digestion, circulation, respiration; and for work and activity.

The body is made up of a collection of cells, and groups of these cells, having special functions, make up the tissues and organs of the body. The cells and tissues of the body are being constantly worn out, and new ones must be built up from the food taken into the body. The oxidation of food and cells in the body constitutes the vital process called life.

The cells and tissues contain nitrogen and hence the only foods that will build tissues are those which contain nitrogen. A food which contains carbon will yield heat and energy when oxidized.

Foods are grouped into five classes—proteins, carbohydrates, fats and oils, mineral matter and water.

Many foods contain most of the constituents named above; some few, such as sugar and oil, contain only one.

The same chemical elements which are found in the body are found in the food which is necessary to growth and maintenance of life. The wise selection of food is based upon a consideration of its composition, its ease and completeness of digestion, its cost, and palatability.

### CARBOHYDRATES

The carbohydrates are the most important constituents of our foods in point of bulk. The well-known carbohydrates are sugars, starches, and cellulose. The carbohydrates are found in the plant kingdom with very few exceptions, such as lactose in milk and glycogen in the body. Starch occurs more abundantly in vegetables than in fruits, and sugar is found in both. A woody substance, cellulose, forms the framework of the plant. Cellulose because of its bulk is an

aid in digestion. Starch and sugar are both valuable foods; they do not build the tissues of the body, but they furnish energy. Since plant foods are less expensive than animal foods, the carbohydrates are generally less expensive than proteins and fats.

### FATS

There are many substances chemically related which are known as fats. Those which are liquids at ordinary temperatures are called oils. Fats, like carbohydrates, yield energy and are frequently stored in considerable quantity in the body. Weight for weight, the fats yield two and a quarter times the energy that carbohydrates or proteins do. Fats are highly concentrated foods and are obtained from both plant and animal sources. The common animal sources are cream, butter, and fat of meat, and the common vegetable fats are olive oil, cottonseed oil, and the fat of nuts. Fat from most sources is expensive.

### PROTEINS

The term "protein" includes a group of substances chemically related, and all containing nitrogen.

Some of the well-known members of the protein group are gluten of wheat, albumen of egg and meat, casein of milk, legumin of peas and beans.

Protein is derived from both plant and animal sources. Some plant foods rich in protein are wheat, corn, oats, peas, beans, peanuts, lentils, and nuts. The animal sources of proteins are meat, milk, eggs, and cheese. Plant foods are cheaper than animal foods, and consequently they are a cheaper source of protein.

Protein, like fat and carbohydrate, may serve as a source of energy to the body, but it differs from these in that it also builds tissue which is its chief office.

Although protein is very necessary in the diet, it should



not be eaten in too great quantities for its excessive use may overtax the organs of excretion. Heavy eating, and particularly heavy eating of meat, may easily furnish more protein than is desirable.

### WATER

Water furnishes the fluid necessary for the body and enters into the composition of all the tissues. Approximately two-thirds of the weight of the body is water, consequently the supply must be liberal. All foods contain water. Fruit green vegetables and milk are especially high in water content, but the body needs more than occurs in the food, and water should be freely used as a beverage.

### MINERAL MATTER

The body contains several pounds of mineral matter, the bulk of which is in the bones and teeth. Some mineral salts are in solution in the body fluids, and some are found in other body tissues. Mineral matter occurs in practically all our foods, both plant and animal, but it varies in amount and kind. While a freely chosen, normal diet may contain enough mineral matter to supply the demands of the body, it is not always in the form or amounts needed. Fruit and vegetables are especially valued for their mineral content. The outer coats of the cereal grains, so often discarded, are also rich in mineral matter. Care is necessary, especially with children, to provide foods supplying mineral.

*\*Vitamines* are certain newly discovered substances in very small amounts, which are believed to play an important part in keeping people well and in promoting the growth of children. Without milk in the diet some of these substances, particularly those necessary for children, would be lacking, and without meat, milk, eggs, fruits, and vegetables others needed by persons of all ages might not be present in sufficient amounts.

(\*Extract from Farmers' Bulletin No. 808, "How to Select Foods: What the Body Needs.")

*Flavoring and condiments.* In most families some materials are used in preparing or serving food which add to the attractiveness of the meals without furnishing the body any nourishment. Among these are salt, pepper, vinegar, lemon juice, spices, seasoning herbs, horse-radish, flavoring extracts, and many other materials often spoken of as "condiments." These are not discussed at length, because they are not absolutely needed by the body. They may, however, be very useful in making an otherwise unattractive diet taste good. In fact, the secret of making inexpensive meals attractive lies largely in the skillful use of seasoning and flavors, and in this way they may be worth the cost they add to the diet even if they do not increase its actual food value.

Any kind of food contains one or more of the substances just described, and they are combined in as many different ways as there are kinds of food. A satisfactory diet contains all of them and each in its proper proportion, and the problem of planning meals is, really that of choosing foods which will do this.

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*Food Wastes.* The relation between the cost of food and its actual value to supply bodily needs is affected by at least three different kinds of wastes. These differ greatly in different kinds of food. They are among the things which should be most carefully studied by the housewife. There is considerable loss between some kinds of foods as purchased and as cooked or served. Familiar examples are the shells of eggs, skins and seeds of fruit and vegetables, bones and offal of meat, and the like. These are commonly known as refuse. Some are of no value since they are wholly indigestible (for example egg shells). Others may be utilized in various ways, as meat bones, which may be used for soup stock.

A second kind of waste is that caused by cooking. This is less important since, in most cases, it cannot be helped. But with some of the more expensive kinds of food, the

choice among methods of cookery may be affected by the fact that some ways are more economical than others.

A third waste is due to the fact that a part of the food actually eaten is not taken up into the lymph and blood channels, but passes through the digestive tract and is excreted from the body. This is not "available" to digestion.

The products which finally reach the blood are called nutritive material or nutrients.

### DIGESTION, ASSIMILATION, AND EXCRETION\*

"We live not upon what we eat, but upon what we digest." Food as we buy it in the market, or even as we eat it, is not usually in condition to be made into body structure or used as body fuel. It must first go through a series of chemical changes by what is called digestion, which prepare it to be absorbed, taken into the blood and lymph, and carried to the parts of the body where it is needed. Digestion takes place in the alimentary canal, partly in the stomach, but more in the intestine. As the result, the useless portions are separated and rejected, while the parts which can serve for nutriment are changed into forms in which they can be absorbed, taken into the circulation, and utilized.

### DIGESTION

The alterations which the food undergoes in digestion are brought about by substances called ferments, which are secreted by the digestive organs. The saliva in the mouth has the power of changing insoluble starches into soluble sugar, but as the food stays in the mouth only a short time, there is generally little chance for such action. The saliva, however, helps to fit the food to be more easily worked on by the stomach. The gastric juice of the stomach acts upon protein, and the pancreatic juice in the intestine upon protein, fats, and carbohydrates. The action of all the ferments is aided by the fine division of the food by chewing

\*Extract from Farmers' Bulletin No. 142, "Principles of Nutrition and the Nutritive Value of Foods."

and by the muscular contractions, the so-called peristaltic action, of the stomach and intestine. These latter motions help to mix the digestive juices and their ferments with the food.

The parts of the food which the digestive juices can not dissolve, and which therefore escape digestion, are periodically given off by the intestine. Such solid excreta, or feces, include not only the particles of undigested food, but also the so-called metabolic products, i. e., residues of the digestive juices, bits of the lining of the alimentary canal, etc.

### ABSORPTION AND ASSIMILATION

The digested food finds its way through the walls of the alimentary canal, and at this time and later it undergoes remarkable chemical changes. When finally the blood, supplied with the nutrients of the digested food and freighted with oxygen from the lungs, is pumped from the heart all over the body it is ready to furnish the organs and tissues with the materials and energy which they need for their peculiar functions; at the same time it carries away the waste which the exercise of these functions has produced. It is a characteristic of living tissue that it can choose the necessary materials from the blood and build them into its own structure. How it does this is one of the mysteries of physiology. The body, as we have learned, has also the power of consuming not only the materials of the food, but also parts of its own structure for the production of muscular work, or heat, or to protect more important parts from consumption. How it does this is another mystery, still to be explained.

## HOW TO SELECT FOODS\*

### Grouping Foods to Show Their Uses

Perhaps as easy a way as any to select the right foods is to group the different kinds according to their uses in the body and then to make sure that all the groups are represented regularly in the meals. Fortunately no more than five groups need be considered: (1) Fruits and vegetables; (2) meats and other protein-rich foods; (3) cereals and other starchy foods; (4) sweets; and (5) fatty foods. The materials under each of these heads have their special uses. It will be helpful, therefore, for the housekeeper to form the habit of thinking of the many different kinds of food which she handles as grouped in some such way as the following:

Group 1.—Fruits and vegetables, such as apples, bananas, berries, citrus fruits, spinach and other greens, turnips, tomatoes, melons, cabbage, green beans, green peas, green corn, and many other vegetables and fruits. Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition; in acids which give flavor, prevent constipation, and serve other useful purposes; and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite.

Group 2.—Meat and meat substitutes, or protein-rich foods: Moderately fat meats, milk, poultry, fish, cheese, eggs, dried legumes (beans, peas, lentils, cowpeas, peanuts), and some of the nuts. These are sources of an important body-building material, protein. In the case of children part of the protein food should always be whole milk.

Group 3.—Foods rich in starch: Cereals (wheat, rice, rye, barley, oats, and corn) and potatoes (white and sweet). Cereals come near to being complete foods, and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live only on cereals. The grains may be simply cleaned and partially

\*Extract from Farmers' Bulletin No. 808, "How to Select Foods: What the Body Needs."



husked before cooking, as in cracked wheat and Scotch oatmeal; they may be ground into flour and used as the basis of breads, cakes, pastry, etc.; or they may be partially cooked at the factory, as in many breakfast preparations; or they may be prepared in the form of such pastes as macaroni, noodles, etc. In all these forms they furnish the body with the same general materials, though in different proportions.

Group 4.—Sugar (granulated, pulverized, brown, and maple), honey, molasses, syrup, and other sweets. Unless some of the fuel is in this form the diet is likely to be lacking in flavor.

Group 5.—Foods very rich in fat: Bacon, salt pork, butter, oil, suet, lard, cream, etc. These are important sources of body fuel. Without a little of them the food would not be rich enough to taste good.

Some food materials really belong in more than one group. Cereals, for example, supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids, cellulose, and body-regulating substances, for which they are especially valuable; and most meat supplies fat as well as protein. For the sake of simplicity, however, each material is here grouped according to the nutrient for which it is usually considered most valuable.

The lists given below show some of the common food materials arranged in these five groups. If the housekeeper will consult them in planning meals until she has learned where each kind of food belongs, she will have taken the first step toward providing a diet which will supply all the food needs of her family. It will be only one step, to be sure, but it should prevent two mistakes—that of serving meals that have not sufficient variety, and that of



cutting down in the wrong places when economy either of time or money is needed:

Group 1.—Foods depended on for mineral matters, vegetable acids, and body-regulating substances.

<i>Fruits</i>	<i>Vegetables</i>
Apples, pears, etc.	Salads—lettuce, celery, etc.
Bananas	Potherbs or “greens”
Berries	Potatoes and root vegetables
Melons	
Oranges, lemons, etc.	Green peas, beans, etc.
Etc.	Tomatoes, squash, etc.
	Etc.

Group 2.—Foods depended on for protein.

Milk, skim milk, cheese, etc.	Fish
Eggs	Dried peas, beans, cow-peas, etc.
Meat	Nuts
Poultry	

Group 3. Foods depended on for starch.

Cereal grains, meals, flours, etc.	Macaroni and other pastes
Cereal breakfast foods	Cakes, cookies, starchy puddings, etc.
Bread	Potatoes and other starchy vegetables
Crackers	

Group 4.—Foods depended on for sugar.

Sugar	Fruits preserved in sugar, jellies, and dried fruits
Molasses	Sweet cakes and desserts
Sirups	
Honey	
Candies	

Group 5.—Foods depended on for fat.

Butter and cream	Salt pork and bacon
Lard, suet, and other cooking fats	Table and salad oils

Thinking of foods according to the group to which they belong or according to the nutrient which they supply in largest amount will help the housekeeper to see whether in the meals she plans she has supplied all the different materials needed, especially whether there is the necessary, though small, amount of tissue-building mineral matters and body-regulating materials (group 1), and of tissue-building protein (group 2). When she has made sure that these are present, she may safely build up the bulk of the diet from whatever materials from the other groups seem economical, wholesome, and appetizing. By means of this grouping she will be reminded that meals consisting only of cereal mush (group 3) served with butter (group 5) and sirup (group 4) would not be complete ration, and would almost surely be lacking in body-building material, because there are no foods from either group 1 (fruits and vegetables) or group 2 (protein rich). It will become clear, also, that a school lunch of a kind far too frequently served, consisting of bread and cake, is lacking in the same way, and that a glass of milk (group 2) and an apple or an orange (group 1) would make it far more nearly complete. She will learn the wisdom of serving fruit (group 1) rather than a whipped cream dessert (group 5) or a suet pudding (groups 3 and 5) after a course including a generous portion of fat meat (groups 2 and 5).

The grouping will also help the housekeeper who wishes to save money or time to simplify her meals without making them one-sided or incomplete. For example, if she has been serving bread, potatoes, and rice or hominy in one meal, she will see that one or even two of them may be left out without omitting any important nutrient, providing a reasonable quantity of the one or two remaining is eaten. It will show her that a custard which is made of milk and eggs, two foods from group 2, would hardly be needed after a meal in which a liberal supply of meat had been served, provided one ate heartily of all, and that a child does not need milk at the same meal with an egg or meat. It will

suggest that baked beans or other legumes, or thick soups made of legumes, are substitutes for meat rather than foods to be eaten with meat.

This method of planning prevents substituting one food for another which has an entirely different use. It prevents the housekeeper, for example, from trying to give a pleasant variety by using an extra amount of cakes or sweet desserts in the place of fruit and vegetables when the latter seem difficult to obtain. Sugar is nutritious and has a valuable place in the diet, but the nourishment it furnishes is fuel and not the body-building and body-regulating materials which are found in fruits and vegetables, and it is not safe to cut them out, even if the meals can be made attractive without them. Fortunately, they are not always so hard to obtain as it seems, and the wise housekeeper will make every effort to supply them. In general, economy within each group is safer than using an inexpensive food from one group in place of an expensive one from another group.

Thinking in terms of these groups will also help when laying in supplies. Dried peas and beans and dried fish, canned fish, and meat, and some kinds of cheese keep for a long time and can be used in place of fresh meat in an emergency. Fruits and vegetables put up when they are abundant will help to supply this important group in winter.

Farm women can look even farther ahead, and often can plan to raise a variety of foods for use when it is difficult to buy at reasonable prices; for example, enough beans to give the family a generous supply. Though navy beans have been most largely used in this country, there are many other good and easily grown kinds that can be chosen to give variety. In the South cowpeas should not be overlooked. If sugar is high in price honey can be produced, and home-made or purchased sorghum, maple, or cane sirup can be used.

### HOW TO TELL WHETHER OR NOT THE DIET IS ADEQUATE

It is very hard for a housekeeper to know exactly how much of each of the food substances or nutrients her family needs or exactly how much of each set she is giving them. The exact amount which each person needs depends upon age, sex, size, and amount of work done with the muscles. An elderly person, or one of quiet habits, needs less food than a vigorous, young one; a large person more than a small one; a man more than a woman; grown persons more than children; and a farmer working in the hayfield, a mechanic, or a football player more than a man who sits at his desk all day.

In order to calculate exactly how much starch, sugar, fat, protein, etc. (or, what is equivalent to this, how much protein and energy) the family needs one would have to know exactly how much muscular work each member was performing and also exactly how much of the different nutrients each food contained and exactly how much each person would eat. This, of course, would mean a great deal of figuring. Fortunately, such exactness is not necessary in ordinary life. If a little too much or too little of one nutrient is provided at a single meal or on a single day a healthy body does not suffer, because it has ways of storing such a surplus and of using its stored material in an emergency. The danger would come if the diet taken week in and week out always provided too much or too little of some one nutrient. Against this danger the housekeeper can more easily protect her family.

Habit and custom help greatly, because they usually are based on what the experience of generations has proved is wise and healthful, though, of course, there are bad habits and outgrown customs in food as in everything else. Good food habits, it must be remembered, include more than cleanliness and order in everything that has to do with food and meals and leisurely ways of eating. Equally important are a liking for all kinds of wholesome foods, even if they

have not always been used in one's home or neighborhood, and eating reasonable amounts, without being either greedy or overdainty. Every effort should be made to train children in such good food habits. If older people have not learned them, they, too, should try to do so, for this is very important not only to health, but also to economy. To refuse to eat some wholesome dish simply because one is not accustomed to it may prevent the use of some very desirable and economical food. To feel that there is any virtue in providing more food than is needed shows poor taste as well as poor economy."

It is a great help in planning food for the family group if the meals can be standardized. This standard will have to be determined for each family according to its activity and needs. If the adults are all sedentary, and have ample noon meals, breakfast may be very light or light, (see table below for suggestions). If, however, the workers take a light luncheon at noon, they should have a medium breakfast. If the family are engaged in active muscular exercise the breakfast should be heavy.

In a similar way the other meals for the day may be planned.

## BREAKFAST

<i>Very Light</i>	<i>Light</i>	<i>Medium</i>	<i>Heavy</i>
Fruit	Fruit	Fruit	Fruit
Some kind of bread as toast or rolls	Cereal	Cereal	Cereal
Beverage (coffee, cocoa or milk)	Bread	Eggs or meat	Eggs or meat
	Beverage	Bread	One other hot dish
		Beverage	Bread
			Beverage

## LUNCHEON

Cocoa or Soup	Hot dish	Soup	One or two
Sandwiches	Bread, butter	Hot dish	hot dishes
	Dessert or Beverage	Bread, butter	Bread, butter
		Dessert	Beverage
			Dessert (substantial)

## DINNER

Meat  
Vegetable  
Bread and Butter  
Dessert

Meat  
Green Vegetables  
Vegetables  
Bread and Butter  
Dessert

Soup  
Meat  
Green Vegetable  
Starchy Vegetable  
Bread and Butter  
Dessert

The sedentary worker eating at a table with active workers can pass by the extra dishes and confine himself to the light or medium type of meal. Thus one table may be made to serve all.



## CHAPTER XXXIV

### FIRST AID

It is better and easier to prevent disease than to cure it. Most of the sickness of today is preventable and due primarily to carelessness in living habits. Health depends upon strict adherence to a few simple rules. Plenty of fresh air, a sane and simple diet and regular exercise, combined with a care-free state of mind are the secrets of a normal, healthy life. They are so simple that people overlook them.

Every one knows that a doctor, as he has given years to studying the subject, is best qualified to care for the ill and injured, but accidents and sudden illness often occur where the services of a physician cannot be immediately obtained. The necessary delay may cause serious results. Every one should know the principles of first aid, for it is a valuable form of insurance.

Knowledge of first aid enables one to put the patient into the doctor's hands in the best possible condition, and also to recognize the severity of an injury so that prompt treatment may follow.

Treatment except for minor cases of injury or illness and care of the injured is not first aid and should not be practiced without consulting a physician.

Prevention is better than cure in injury as well as disease and it is the duty of every person to practice every precaution for preventing accident.

### GENERAL DIRECTIONS

In case of injury keep all persons away from the patient except those required to help. Give the patient plenty of air. Be calm and do not be hurried. In giving first aid it is as necessary to know what not to do as what to do. It is

usually best to send for a doctor immediately and let him care for the injury from the first, but it would be foolish to wait for a doctor if there were danger of death from bleeding.

Remember that if there is any doubt in your mind as to the severity of the injury it is best to consult a doctor for injuries which apparently are trivial may sometimes, if not promptly treated, cause serious results.

Loosen any tight clothing and get the patient into a comfortable position, usually on the back with the head low. With a flushed face the head may be raised on a small pillow, with a pale face, it should not be raised at all.

Unconscious persons cannot swallow and so should not be given water, stimulant, etc., as these will choke them by entering the wind pipe.

Before moving a person from the place where his accident occurs be sure that he is not going to be injured further by moving.

Cold water may be given with safety. Stimulants are often given, but are not necessary for every case and should never be given in injuries of the head. Use aromatic spirits of ammonia as a stimulant in preference to any alcoholic liquor. Small quantities of liquor act as a stimulant, large ones are depressing.

In cases of injury it is generally necessary to remove clothing. This is likely to be painful and should be done as carefully as possible. Rip up seams of outside clothing and cut or tear underclothing.

When there are several injuries the most severe should be cared for first.

## SHOCK

More or less shock is caused by all injuries and should be treated if necessary. "Shock is more or less profound depression of the nervous system." Symptoms of shock—face is pale, eyelids droop, eyes are dull and pupils are large, the skin is cold and moist. The injured person is more or

less stupid and may be partly or totally unconscious, breathing is feeble, pulse is rapid and weak.

Warm and stimulate the person in every way before the arrival of the doctor. Place patient on back with head low. Give hot coffee or tea or half a teaspoonful of aromatic spirits of ammonia in half a glass of water. Keep the patient warm, place hot water bottles around him, rub his arms and legs to quicken the circulation.

The symptoms of severe bleeding are very like shock and if shock only is treated in such a case and the bleeding is not checked serious results may follow.

*Bandages*—The triangular bandage is best suited for general first aid, as it can be easily made and applied and is not likely to be put on too tightly. The bandage is made from cloth about one yard square, is folded diagonally and cut across the fold, making two bandages.

It may be applied unfolded or folded. To fold—the point of the triangle is brought to the middle of the opposite side and the bandage is folded lengthwise to the desired width.

Triangular bandages are usually fastened by tying the ends securely or they may be pinned with small safety pins. Knots should be placed where they do not cause discomfort.

Care must be taken that the bandage is not put on too tightly, but it should be put on firmly.

In bandaging a limb, leave the tips of fingers or of the toes uncovered. Place part to be bandaged in the position in which it is to be left, as change of position may result in cutting off circulation by drawing the bandage too tight.

### TREATMENT FOR STRAINS

Strains are caused by overstretching the muscles, blood vessels in the muscles may be broken so that blood escapes into the muscles in the same way that with a bruise blood escapes into the subcutaneous tissue.

Alcohol and water, witch-hazel or arnica may be rubbed on to deaden the pain.

## TREATMENT FOR SPRAINS

“Sprains result from stretching, twisting, and partial breaking of the ligaments about a joint.”

For severe sprains call a doctor; keep the patient quiet, elevate the injured joint and apply cloths wrung out in hot water. For hot applications have two or three towels in service. While one is applied to the wound, the other is made ready; the removal of the one being followed immediately by the application of the other. In this way the hot water is kept on the bruised parts continuously, giving the best results.

The next step is absolute rest. The part should be bandaged in such a way that it is kept absolutely quiet. Frequent bathing with tincture of arnica, or witch-hazel, will assist in reducing the swelling and promoting absorption.

## FRACTURE

Send for a doctor and treat for shock. Keep the patient quiet so that there will be no danger of the sharp edges of the broken bone puncturing the skin. If the patient must be moved a little to make him comfortable, the broken bone should be firmly supported by the hands, placing the hands on each side of the break so that the bone will not bend.

## WOUNDS

Wounds are injuries in which the skin is broken. The outside layer of the skin protects the body from the entrance of pus germs, the small parasites which cause inflammation, matter or pus and blood poisoning.

Pus germs are found on the surface of our bodies on knives and other objects which cause wounds, in the dust of houses, in water, etc., but they do not float about in the air. There is no danger from them in exposing a wound to the air.

If pus germs do not enter a wound, there is no inflammation and it will heal quickly, but if the wound is infected by

pus germs inflammation will follow, more or less matter will form and blood poison even may result. If only a few pus germs are carried into the body certain cells will dispose of the germs and no harm will result, while the blood from the injury will often wash out the germs and the cells and dispose of those that are left. Therefore a wound which bleeds freely is not likely to prove so dangerous.

Every precaution must be taken to keep the wound and everything which comes in contact with it in an antiseptic condition.

### KINDS OF WOUNDS

There are three varieties of wounds,—the cut wound, made by a sharp instrument, the skin and tissues are cleanly divided and there is likely to be severe bleeding.

Torn wound in which the tissues are torn as from the blow of a blunt instrument. Dirt is apt to be ground into the tissues and inflammation may follow.

Punctured wounds are deep small wounds as from a bayonet or bullet. Infection is common as pus germs may increase rapidly in them.

Send for a doctor and treat for shock. Do not allow clothing to touch the wound; exposure to the air is much safer than the application of anything which is not surgically clean. If you have an antiseptic dressing, apply it at once.

Water contains pus germs and so should not be used. Strong antiseptics as carbolic acid will destroy the cells of the tissues, peroxide is not strong enough to kill germs and may wash them into unaffected parts. Therefore do not use these but cover the wound to keep out pus germs.

For slight cuts or scratches, peroxide may be used before dressing—do not use plaster as this seals in any germs that are present.

If the head be injured, the patient should lie down with the head resting upon a pillow or cushion covered with a clean towel, taking care that the injured part be kept from contact with surrounding articles.

If the arm be injured, it should, as a rule, be brought across in front of the chest and supported in a sling.

If the lower limb be wounded, it may be supported in a comfortable position by resting upon a cushion or blanket.

In wounds of the chest, the head and shoulders should be raised by one or more pillows until the patient is able to breathe comfortably.

If the abdomen be wounded, the patient should be made to lie down, with his knees drawn up, and turned over toward the uninjured side; or upon the back if the wound be in front.

Before dressing the wound the nails should be thoroughly cleansed with a brush and rings removed from the fingers. After cleansing the hands, do not touch anything not absolutely clean.

### BLEEDING

To stop a hemorrhage, it is necessary to know that blood comes from two sources, arteries and veins. It must also be remembered that blood in an artery comes from the heart, and that blood in a vein is on its way to the heart. Thus, in stopping the bleeding from an artery, pressure must be made between the heart and the wound, while in bleeding from a vein pressure must be made on the distant side of the wound.

It is not difficult to determine whether the bleeding is from an artery or a vein, as in an artery the blood spurts and pulsates, while blood from a vein oozes and flows without pulsation in a steady stream.

Bleeding from an artery, especially one of considerable size, is very serious, and prompt efforts must be made to stop it.

### GENERAL RULES FOR TREATMENT

Send for a physician immediately. Have the injured person lie down and elevate the wounded part. This can be done readily if an arm or leg is affected. Remove clothing from the affected part — it may be necessary to cut it



off. Keep the patient as quiet as possible. Apply pressure directly upon the bleeding point by pressing the finger, covered with gauze, upon it. If the bleeding is from an artery, make pressure above the wound, that is, between it and the heart. This can be done with an elastic band or tightly wound bandages.

In severe cases a tourniquet must be used. This can be made by first strapping the limb with a bandage, making a knot in it, which should be placed at a point above the wound directly over the artery supplying the bleeding point. The artery can be located with the index finger, as its pulsations can be detected. When the knot is made, a loop should be also directly over it, through which a small stick can be placed. This can be twisted, and thus pressure is brought to bear upon the artery until the bleeding ceases. The bleeding point must be watched in the event that the flow may recur. Such a tourniquet must not be left on the arm or leg for too long a time. In minor wounds the bleeding will be arrested in 15 to 20 minutes, when the pressure can be reduced. In severe cases of bleeding, apply cold by means of ice bandages; in ordinary bleeding pressure by means of gauze upon the wound is sufficient to stop it.

In excessive bleeding, general treatment of the patient is necessary. The patient may faint or become very weak. In the latter case heat should be applied to the extremities and the patient kept warm by wrapping in blankets.

### NOSEBLEED

Place patient in a chair with his head hanging back. Place a cloth wrung in cold water at the back of the neck. Use one teaspoonful salt to one cupful water and snuff this liquid up the nose. Packing the nose with gauze usually is effective in severe cases. If bleeding continues, summon a physician.

### BURNS

Reddening of skin. Exclude the air by applying thin paste of water and a liberal amount of baking soda. Apply any oil, such as olive oil, sweet oil, fresh lard, unsalted butter, vaseline, etc. One of the best oils to use is a solution of equal parts of linseed oil and limewater. One of these substances should be smeared on a cloth to cover the burn.

Cover the wound with cotton or some soft material. If the wound is wet, always see to it that oil has been used freely before using cotton, as when dry the latter will stick and reopen the burned surface when an attempt is made to remove it.

Burns caused by acids should be thoroughly washed with water, then with a solution of baking soda and water, and then treated like an ordinary burn.

Burns caused by alkalies, such as caustic potash, caustic soda, or ammonia, should be washed with vinegar or some other dilute acid, when blisters have formed treat as for other burns but if the blistering is extensive it is best to show the injury to a doctor.

For severe burns.—These require the prompt attention of a physician. First remove the clothing by cutting it away with a pair of scissors. If it sticks, do not pull it off, but saturate it with oil.

Cover severe burns as quickly as possible, so as to exclude the air. An application should be ready to apply immediately.

The bicarbonate of soda and oils are best applied by dipping cloths into them, ointments by spreading on cloths and then applying.

In burns of the mouth or throat, apply the oil or white of an egg by drinking them. If caused by chemicals, the mouth and throat should be rinsed by the proper antidote—vinegar or dilute acid in case of caustic soda, potash, ammonia, or lye, and a solution of baking soda for acid burns.

A person whose clothing is burning should be made to lie down — if necessary, thrown down — as the tendency of the flames is to rise upward. When the patient is lying down the flames have less to feed on, and there is not so much danger of their reaching the face or of the patient inhaling the fumes. The person should be quickly wrapped in a shawl or blanket and the fire smothered by pressing on the burning part.

### SUNSTROKE

The attack is usually preceded by giddiness, weakness, and nausea; eyes bloodshot and contracted; skin hot and dry; subject unconscious, breathing quick and loud; heart rapid and tumultuous.

#### TREATMENT

Place the patient on his back in a cool place with the head raised. The chief object is to reduce the excessive heat. Bags of cracked ice may be applied to the head and under armpits. The patient should be wrapped in cold sheets or placed in a tub containing cold water. Continue until patient is conscious or the heat greatly diminished.

If this is done the patient must be rubbed continually to prevent shock and to bring blood to the surface. When consciousness returns the patient may be allowed to drink cold water freely.

### FAINTING

Due to lack of blood to the brain. Caused by weakness as in recovering from illness, some people faint easily.

#### TREATMENT

Lay the patient on his back. If the face is white and bloodless, have his head lower than his body. Let him have plenty of fresh air. Loosen the clothing. Apply cold water to the face. This in most cases will bring a return to consciousness. Aromatic spirits of ammonia is a good

thing to use as a smelling salts and to give internally when consciousness returns.

The above treatment is applicable in all cases of simple fainting due to weakness, mental emotions, and close, warm atmosphere of crowds.

In the event of fainting from shock following an accident, there may be more marked symptoms, such as coldness of the skin, dilation of the pupils, and weak heart action.

In addition to the above treatment, the skin should be rubbed briskly and bleeding, if any, controlled.

### DROWNING

Loosen the clothing. Empty lungs of water by laying the body on its stomach and lifting it by the middle so that the head hangs down for a few seconds. Do not waste time before beginning artificial respiration.

The Shaefer method is called the "prone pressure method" because the patient lies at full length face down, and pressure is made with the hands of the operator on the back over the lower ribs and then the pressure is relaxed. This is continued alternately about twelve times a minute. Thus the air is forced out and sucked in, making a frequent exchange of air in the lungs. The advantages mentioned for this method are that it is exceedingly simple, can be done by one person and without fatigue, and that because of the position of the patient allows the tongue to fall forward and the mucus and the water to escape from the mouth and thus not block up the throat. The patient's head may be turned slightly to one side so that the ground will not block the air from the nose and mouth. When breathing begins, get the patient into a warm bed, give warm drinks in teaspoonfuls. Keep the patient very quiet.

### POISONING

Delay is likely to prove fatal in cases of poisoning so whatever is done must be done promptly. Send for a doctor at once. An emetic is not the best treatment in every case,

but it should always be given if you do not know what poison has been taken or the proper antidote.

Running the finger down the throat or drinking a large quantity of warm water will usually cause vomiting.

(1) Eliminate the poison from the stomach; (2) neutralize the poison by giving an antidote; (3) treat the general symptoms produced by the poison.

The material is eliminated by being vomited. Vomiting can be induced in the following ways; use mustard and warm water, beginning with a glassful and repeating if necessary. If you have ipecac in the house — and it is a good thing to have — give about a teaspoonful of syrup of ipecac to a child or a tablespoonful to a grown person every few minutes until vomiting results.

### ANTIDOTES

In nearly all cases of poisoning, olive oil, if available can be given in large doses, namely, a pint or more, as it neutralizes most poisons except phosphorus. This can be followed by the whites of two eggs. When in doubt, use the oil followed by the eggs.

In giving antidotes, two general principles should be observed: namely, that acids tend to neutralize alkalies and alkalies neutralize acids.

For poisoning from acids, such as muriatic, oxalis, acetic, sulphuric (oil of vitriol), nitric, or tartaric, use soapsuds, magnesia, limewater, whiting, plaster scraped from the wall, milk, oil, and baking soda. Give large quantities of oil.

For poisoning from alkalies, such as ammonia, potash, or soda, use acids as an antidote, such as vinegar, lemon juice, and orange juice, followed by large doses of olive oil, castor oil, and emetics.

Another group of poisons are the narcotics. In this class are chloroform, chloral, ether, and the opium preparations, such as opium, morphine, laudanum, paregoric and soothing syrups. Provide plenty of fresh air, induce artificial

breathing, apply ammonia to nostrils, give cathartics and stimulants, such as coffee, brandy, and strychnine. Compel the patient to move about. If unconscious, keep the head low.

### CARBOLIC ACID

Rinse mouth with alcohol, give 3 tablespoonfuls in equal measure of water to adult. Follow in five minutes with two tablespoonfuls Epsom Salts. Give oil or eggs. Keep patient warm and stimulated.

### ALCOHOL (TREATMENT)

Keep the patient active by pinching, slapping with wet towel, or hot and cold douches to head; give plenty of strong coffee; inhale ammonia cautiously, and use artificial respiration if unconscious.

### INSECT BITES

For mosquito bites, stings from gnats, wasps, bees, and spiders, washing with dilute ammonia is the best treatment. Oil may follow, or the parts may be washed in salt water. Baking soda dissolved in warm water is also good. The sting should be removed.

### SNAKE BITE

When bitten by a snake first prevent the poison from getting into the general circulation. This can be done by immediately sucking the wound. Precaution must be used in seeing that the mouth is not sore or the poison swallowed. Shut off the circulation from the part by bandaging the limb — if such it be — tightly, or if in another part, by pressure over the vein. Squeeze the poison out and wash with warm water. If ammonia can be had, burn out the wound with it. Keep the bandage on several hours, and when releasing it do so gradually.



Whiskey is recommended as a stimulant or give a large drink of aromatic spirits of ammonia at once and repeat as often as seems necessary to keep up the strength. Do not be afraid to give too much, for persons bitten by poisonous snakes require a large amount of stimulants.

### NAUSEA AND VOMITING

These are generally due to indigestible food but may be caused by nervousness.

A soda mint tablet or baking soda in water will usually stop nausea. When due to indigestible food, several drinks of lukewarm water will usually cause vomiting and will wash out the stomach. Patient should lie down — apply hot cloths to abdomen.

### SUPPLIES SUGGESTED FOR A HOUSEHOLD MEDICINE BOX

Alcohol.  
Aromatic Spirits of Ammonia (2 oz.).  
Castor Oil.  
Epsom Salts or Seidlitz Powders.  
Lime Water.  
Mustard (powdered).  
Syrup of Ipecac.  
Witch Hazel.  
Calomel Tablets (one-tenth grain).  
Carbolized Vaseline.  
Soda Mint Tablets.  
Antiseptic Gauze.  
Absorbent Cotton.  
Roller Bandages.  
Glass and Spoon.  
Scissors.  
Pins—ordinary and safety.

### PREPARATION OF THE SICK ROOM

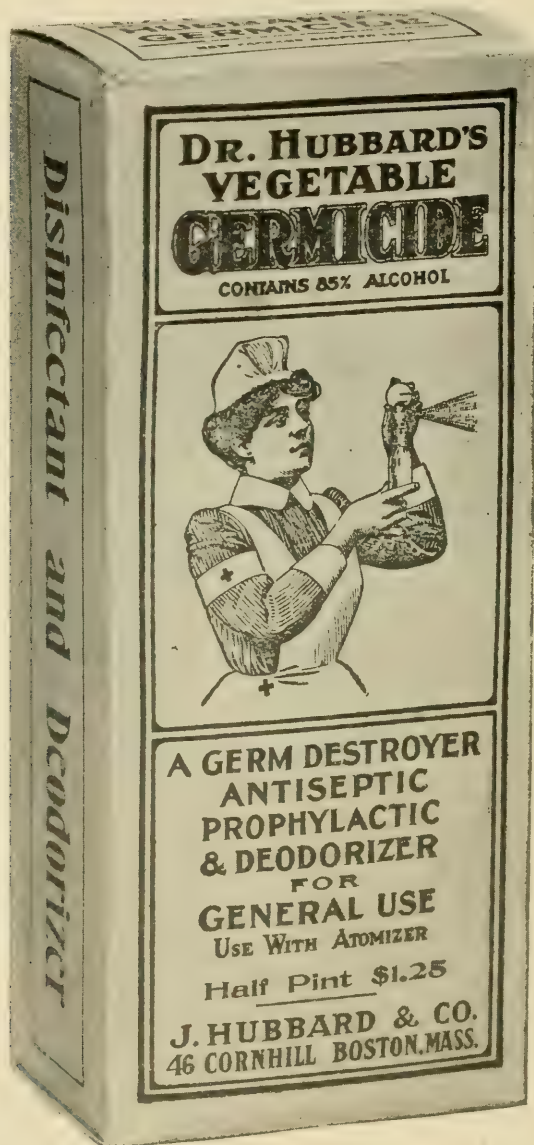
Generally speaking the patient's own room is best as he is apt to be more contented there.

The room selected however should not be on the ground floor as such a room is likely to be noisy. A toilet nearby will save steps in serious illness and will be safer in cases of contagious disease.

The room should be well ventilated and all unnecessary furnishings should be removed.

A narrow, high bed is to be preferred as it is much easier for a nurse to lift a helpless patient when she does not have to bend very low. If obliged to use a double bed, try to have the patient sleep on one side during the day, leaving the other side comfortable for night.

The lower sheet should be smooth and kept in place by safety pins at the corners of the mattress. Over this a draw sheet should be placed. This is a sheet folded and placed across the bed so that it extends from the patient's back to his knees. It should be pinned in place to the mattress. The top covering should consist of a sheet and double blanket with the sheet well turned back. Extra sheets and pillow cases should be ready. It is well also to have hot water bottles ready for use.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XXXV

### PERSONAL HYGIENE

#### THE SKIN

The human skin has two principal functions: to protect the body, and to remove, by perspiration, the results of certain bodily changes.

The surface of the skin, the part which raises over a blister is the epidermis. The permanent color of the skin is due to certain pigment granules found in the deeper layers of the epidermis. The transient red color, as in blushing, depends upon the amount of blood in the blood vessels and the thickness of the epidermis or outer skin, most of the blood vessels themselves lying in the inner skin.

Beneath the epidermis is the "true skin" which gives the skin its peculiar lines and marks. The true skin is perforated by blood vessels, lymphatics, and nerves; it affords lodgment to hair roots and gives passages to the ducts of the sweat glands and oil-glands. The third layer of the skin is the connective tissue which contains fat, arteries, veins and lymphatics. This fatty layer gives the skin its smoothness and acts as a protective covering for the body.

The skin contains sweat glands which secrete perspiration, and sebaceous glands, which secrete a fatty substance that tends to keep the skin smooth and to prevent it from drying by too great evaporation. This fatty substance also gives the hair its natural gloss. Obstruction of the sweat glands gives rise to pimples, black-heads and the like.

It is well known that the skin becomes soft by immersion in a hot bath or by having the hands for a considerable time in suds and that this softening extends to the nails and

calluses. After a warm bath a considerable quantity of the horny scales of the skin can be removed by the use of a rough towel. Nails, corns, and the like when wet can be readily cut or scraped off. A considerable amount of water remains in the skin after bathing, and unless care is exercised it tends by rapid evaporation to remove heat and cause colds. But normally a certain amount of water should remain in the skin, and if too much of this evaporates, the skin chaps and cracks.

There is a direct and reciprocal action between the condition of the skin and the general bodily health. The two watchwords in the preservation or improvement of the complexion are, therefore, cleanliness and hygiene. Plenty of outdoor exercise, good ventilation, a well-regulated appetite, and a cheerful habit of mind are essential. As to diet, an excess of butter, fat meat, and greasy food should be given up or used with great moderation. Fruit and vegetables should be the staples of diet; sweets, cake, and pastry, and acid foods should be dispensed with.

**Hardening the Skin.**—The power of the skin to adjust itself to changes in temperature varies greatly. It can be increased by measures which improve the circulation of the blood, as nourishment and exercise; also by what is sometimes called the “hardening process.” The skin may be hardened by living an out-of-door life, wearing light but sufficient clothing, sleeping with open windows but avoiding draughts, and taking daily baths, first with warm, afterwards with cold water. These steps should be taken gradually, and increased in severity as the body becomes accustomed to them.

Nervous persons, especially children, may be overstimulated by these measures, which may thus lead to nervous difficulties. The danger is minimized by giving the warm bath first. Cold baths alone should not be taken except by persons of strong constitution.

The human skin contains millions of pores. The business of these pores is to bring to the surface the waste materials

of the body, which otherwise pass off principally through the kidneys.

Colds are often caused by lack of proper contraction of the pores of the skin when the body is exposed from draughts or otherwise. As a result the blood is cooled too rapidly and has a tendency to chill and congest the internal organs, as the mucuous surfaces of the head and nose, and also of the alimentary canal, the kidneys, etc. The resulting symptoms show in acute form the bad effects of neglect of bathing. In fact, frequent bathing is a good preventive of colds. If the pores are kept clean they are active, and resist the chills which tend to produce cold.

Certain portions of the body, as the armpits and feet have many more pores to the square inch than the rest; hence these perspire more freely and should be cleansed often. A clean person, clean clothing, a clean house, clean premises, clean streets, a clean town, are so many forms of the habit of cleanliness which is one of the characteristics of high civilization, one of the fundamental elements of self-respect and proper living. The principal hygienic purpose of bathing may be stated as cleanliness.

*Temperature of the Bath.*—The temperature of the bath for cleanliness should be about 95° Fahrenheit. A cold shower bath to follow the warm bath should be about 77° Fahrenheit. A cool bath should be about 77° Fahrenheit, but the temperature at the start may be lowered for those who are accustomed to it.

The water for a person in ordinary health should be drawn as hot as is agreeable; but care should be taken not to remain too long in a hot bath. This applies especially to persons who are thin-blooded, nervous, or neuralgic. After the body has been thoroughly cleansed, it is a good idea to gradually introduce cold water into the tub until a perceptible chill is felt. The shower bath is the best means of cooling the body after a hot bath. When this is done,



or after a cold bath, a reaction should be brought about by a vigorous rubbing with a Turkish towel until the body is in a warm glow.

*Cold Sponge Bath.*—Many persons make a practice of taking a cold sponge bath every morning, followed by vigorous rubbing with a coarse towel or flesh brush. The best method of doing this is to fill a washbowl or basin with water and let it stand in the room over night, so as to acquire the same temperature as the air in the room. Rub with the bare hands rather than with a cloth or sponge, wetting only a small portion of the body at a time and rubbing that portion until a reaction is experienced.

After the rub-down with a coarse towel, the skin should be pink, all in a tingle, and the whole surface of the body should be in a warm glow. Some persons cannot endure this regime, although it is highly beneficial to others. A few days or weeks of experience will test its expediency. This is worth trying because it often results in a life habit which is exceedingly beneficial. Those who are less robust may obtain some of the benefits of the cold sponge bath by a vigorous rubbing with a towel or flesh brush each morning when the bath is not taken. When bathing in winter, the shock from cold water is lessened by standing a minute in the cold air after removing the clothing and before applying the water.

When one takes vigorous daily exercise the best time for the bath is immediately after the exercise. One is then perspiring and it is best to change the clothing. The skin is most readily cleaned in this condition, and most persons find a hot bath, with or without the use of soap, followed by a short, cold needle bath, shower, or plunge, preferable to other forms of bathing.

...*Salt Water Bath.*—Add sea salt, which can be purchased of any druggist, to a full bath at a temperature of 65° Fahrenheit. The patient should remain in this bath from ten to twenty minutes, and afterwards should rest for half

an hour in a recumbent position. Such baths are useful in general debility produced by diseases.

*The Complexion.*—The object of attention to the complexion should be to preserve the skin in its normal condition of health, and to remove all abnormal effects and conditions. Among these may be mentioned excessive dryness or evaporation, by exposure to dry and biting winds, of the water normally contained in the skin; the opposite extreme of excessive perspiration; and the obstruction of the pores by dirt or grime or other causes.

Many persons regard attention to these matters as evidence of vanity and light-headedness, and others go to the opposite extreme and give much more time and thought to the niceties of the toilet than is either wise or necessary. Doubtless the wise and sane course lies between the two extremes. The normal condition of the skin resulting in a firm, smooth, and soft texture and a pink-and-white complexion, not only contributes to personal attractiveness, but also to the sense of comfort, included in the general term "good health."

Every one has a natural right to a good complexion. The contrary is evidence of some improper or diseased condition, and it is perfectly natural and proper to seek and apply suitable remedies.

Many of the standard preparations widely advertised for sale contain the most injurious mineral drugs, such, for example, as mercury arsenic, lead bismuth, etc. These are freely used by many "beauty doctors," and most unfortunately recipes containing them have been published without caution. All such preparations have been carefully excluded from this volume. Approved recipes have been given which will accomplish every desirable object without the possibility of injurious consequences.

*To preserve the Complexion.*—To prevent the excessive evaporation of water normally present in the skin, it is well to rub a small quantity of cold cream over the face before

going out in the hot sun or wind. Just enough should be used to cover the surface without its being noticeable. In hot climates the use of similar preparations to prevent the drying of the skin is practically universal.

*To wash the face.*—When the face is red or dry from exposure to sun and air, or grimed with dirt and smoke, it is well to put on it a quantity of cold cream and rub thoroughly with a soft cloth. After the irritation has been somewhat lessened, the face should be thoroughly washed and cleansed. Fill a basin two-thirds full of fresh soft water. If your source of water supply is hard water, put a teaspoonful of powdered borax into the basin. Dip the face in the water, and afterwards the hands. Soap the hands well, and rub with a gentle motion over the face. Dip the face a second time, rinse thoroughly, and wipe with a thick, soft towel. After the bath a slightly astringent lotion is very refreshing.

The use of a good cleansing cream before the face bath and a suitable lotion afterwards has a really wonderful effect in improving the complexion. The effect of a clean face, however, is itself altogether delightful. Such a bath tends to rest and refresh the bather. Many a bad complexion is due to neglect of a proper cleansing process. If more faces were kept really clean, a great improvement in the complexion would be noticed.

*Face Cloth.*—The hands themselves, in the judgment of many persons, are the most effective means of washing other portions of the body. To those who prefer face cloths we suggest scrim as the most sanitary material. Scrim is porous and free from lint, so that the air circulates through it freely. It is so thin that it can be quickly washed and dried.

### BLACKHEADS

The sebaceous glands supply an oily substance which keeps the skin soft and pliable and serves as a natural oil for the hair. When the duct of a sebaceous gland becomes

obstructed with dust and dirt, such as covers even the cleanest looking skin, a black head is formed. Enlarged pores are dilated or inactive sebaceous glands. When these blackheads are numerous they become very unsightly.

To correct pimples and blackheads, — each second night bathe the face with hot water containing one tablespoonful of boric acid. This flushes the skin with fresh blood and softens the caps of pimples and the hardened contents of the blackheads. Gently squeeze the pimple or blackhead with the fingers covered with a clean cloth. Dry the face thoroughly and rub in about each pimple a very little of one-half of one per cent. ammoniated mercury ointment on the finger tip. If the skin is very tender the U. S. P. boric acid ointment may be used instead of ammoniated mercury ointment which sometimes irritates.

### FRECKLES

Freckles are discolorations formed in the deeper layers of the skin by the action of sunlight. Hence to affect them directly it is necessary to work through the outer layers of the skin with a remedy that will change the deposits of coloring matter. Freckles, accordingly, offer great resistance and are not amenable to ordinary treatment.

As a preventive, attention should be paid to diet and exercise to promote the normal secretions. The skin should be kept scrupulously clean by daily bathing, and the activity of the pores should be promoted by friction with a coarse towel. These methods are safer than the use of astringents or mineral emulsions, and the latter should never be employed without the advice of a competent physician. The only certain preventive is the wearing of a veil whenever the complexion is exposed to sunlight.

### MOTH PATCHES

Apply a solution of common baking soda to the patches with a soft cloth several times a day for two or three days. Allow this to dry on. This treatment is usually sufficient.

Afterwards cleanse the face with a bran bath and the skin will usually be found clear and brilliant.

Or keep alum at hand and rub occasionally on the moth patches. This will usually cause them to disappear.

### SUPERFLUOUS HAIRS

The natural causes of excessive growth of hair are obscure. There is but one dependable agent for destroying hair, and that is the electric needle. The needle is tedious, expensive, but efficient and comparatively painless. It should be applied only by a physician. The X-ray is sometimes used with success where a large number of hairs are to be destroyed.

Hairs may be made less noticeable by bleaching with peroxide and ammonia (3 parts peroxide to 1 of weak ammonia water). A good many alleged "complexion beautifiers" appear to stimulate hair growth.

There seems to be no harm in shaving the hairs under the arms or removing them by chemical depilatories, provided the chemical does not inflame the skin as many depilatories do. But no chemical will permanently destroy hair.

*Toilet Soaps.*—There are two principal kinds of soap; those containing free alkali in the form of soda lye, and the so-called neutral or fatty soaps. The former increase the swelling and softening of the horny parts of the skin. When these are removed they of course take the dirt with them. The latter are better adapted to persons of sensitive skin, although their detergent effects are not so marked. Among these are castile and glycerine soaps.

Purchase for household use only well-known soaps which have an established reputation for purity. Toilet preparations which may have good effects on one skin are sometimes injurious to another. This shows how important it is for a woman to know what ingredients are used in making up her toilet preparations. It is not always safe to "try"



some compound because it is highly recommended by others. No preparation can give satisfactory results in the absence of absolute cleanliness.

### CARE OF THE HANDS

Nothing betrays lack of daintiness in personal care more than neglect of the hands and nails. Of course it is more difficult for some women to keep their nails clean and their hands soft, white, and free from blemishes than for others. The hands should not be washed except when it can be done thoroughly. Constantly rinsing them in cold water grinds the dirt in and ruins the texture of the skin, making it rough, coarse and red. When exposed to hard usage, as in the routine of housework, instead of frequently washing the hands in water, a few drops of oil should be rubbed into them. They should then be dusted over with talcum powder and wiped with a coarse towel. This will cleanse them and protect the flesh from growing callous. Lemon juice will remove stains.

The hands should always be washed with tepid water and a good soap. Avoid washing the hands frequently with cheap laundry soap, washing powders, soft soap, or other powerful detergents. They tend to roughen, redden, and chap the skin. The best soap is none too good for the toilet. Any hard, white, pure, or neutral soap is suitable for the toilet. Hence it is not necessary to purchase special toilet soaps, which are usually expensive, however desirable they may seem to be.

*To remove stubborn stains.*—Mix oxalic acid and cream of tartar in equal proportions, and keep the mixture in a box with the other toilet articles. This box should be marked "Poison" and kept out of the reach of children. Wet the stain with warm water and sprinkle with this preparation rubbing until the stain disappears. Then wash the hands with soap and rinse well. This will remove the most stubborn ink and dye stains.



*To Soften the Hands.*—Keep on hand a dish of oatmeal, and rub it freely on the hands after washing. This will cleanse and soften the skin.

Or use corn meal in the same manner.

In cold weather or when the hands are very dirty rub a little cold cream over them, and afterwards wash them with soap and water in the usual way. This has a tendency to keep the skin from cracking or chapping. The use of gloves, especially when gardening, driving or walking in sun or wind, helps to preserve the softness of the hands and keep them clean. Sprinkling the hands with orris root or talcum powder before drawing on the gloves will counteract excessive perspiration.

*If hands are stained with vegetables.*—Rub some lemon peel on them before washing.

*If fingers become black from the pans.*—Rub them with a little boiled potato and the black will disappear.

## THE NAILS

The nails like the hair are modified skin. It takes about four or five months to grow a finger nail.

## INGROWING NAILS

The finger nails do not often grow in, but when this happens a notch cut in the middle of the nail will have a tendency to draw it up from the sides.

White marks on the nails are usually caused by air bubbles in the substance of the nail, and they do not indicate illness.

The condition of the finger nails is one of the best tests of the care given to the toilet. Well-groomed finger nails are a mark of refinement. Needless to say, the toilet is not complete until the nails have been thoroughly cleaned, trimmed, and, if possible, manicured.

The best article for use on the nails is a small orange stick, which can be obtained at any drug store. With this the nails can be cleaned each time the hands are washed and

the skin which adheres to the nails carefully pushed back. This may also be done with a dry towel. It will prevent the skin from cracking about the roots of the nails and forming hangnails. This method practiced daily will greatly improve the general appearance of the hands.

It takes only a few minutes each day to put the nails in perfect condition. A manicure outfit will cost two or three dollars. Buy good instruments to begin with. You will need a flexible file, emery boards, buffer, orange sticks, cuticle knife, nail scissors, some red paste and white nail powder, and a good bleach of glycerin, rose water, and oxalic acid.

Begin by shaping the nails with the file. When you have finished one hand, the fingers should be dipped into a bowl of lukewarm water, into which has been poured a few drops of some pleasant antiseptic as listerine or peroxide of hydrogen. Let them remain in this some time to soften the cuticle, and then dry them with a soft towel.

With the point of the orange stick clean the nail, dipping the stick in the bleach if this is necessary. Loosen the skin around the nail with the cuticle knife. This skin should be lifted up, and not pushed down and back, as the latter movement cracks and splits the cuticle. Keep dipping the knife in the water, as it helps to lift up the cuticle, which must be well raised before it is cut. Do not cut the cuticle unless absolutely necessary. To do so use the cuticle scissors, and try to trim the cuticle in one piece, otherwise you are likely to have ragged edges and hangnails.

Be extremely careful about this special part of the treatment, for the nail may be altogether spoiled by a too zealous use of the cuticle knife and scissors. Use red paste sparingly, and rub it well into the nails with the palm of the hand. It is better to dip the fingers in the water again and dry thoroughly, for you cannot polish a wet nail. Smooth the edge of the nail with the emery boards. Dip the buffer or polisher in the nail powder. Place the center of the buffer on the nail, and rub slightly.

## TO POLISH THE NAILS

Apply, with a chamois buffer, a mixture of one ounce each of finely powdered emery and cinnabar, softened with olive oil, almond oil, or the essention oil of bitter almonds.

## CARE OF THE HAIR

The hygiene of the scalp determines the preservation of the hair. Falling hair and baldness follow dandruff, but dandruff may be prevented or cured by proper care.

The hair should be shampooed as often as necessary to keep the scalp clean—once a month or even once a week. Washing the scalp and hair can do no more harm than washing the body.

The proper care of the hair under normal conditions is very simple. The objects to be kept in mind are to preserve its natural luster and texture by means of absolute cleanliness, and to massage the scalp sufficiently to remove any dandruff that may adhere to it, and thereby promote the active circulation of the blood. All this must be done without injury to the scalp or the hair by pulling, scratching or tearing. Cutting the hair frequently has a tendency especially in youth, to promote growth.

To thoroughly cleanse the hair it should be brushed successively from partings made in all directions upon the scalp, the utmost care being taken that foreign matter accumulated on the brush is removed and not returned by the next stroke to the hair.

Care should be taken on the one hand, not to scratch the scalp, tear the roots of the hair, or cause it to split; and on the other, not to neglect the stimulating effects of massaging the scalp and removing dandruff. In other words, a vigorous brushing should be directed to the head or scalp, the gentler stroke being employed in brushing the hair itself.

Brush the hair free from dust each night before retiring. Applications of tonics and restoratives should also be made at this time, as they have the best opportunity of doing their work during sleep.

### CARE OF HAIRBRUSHES

Brushes should be cleaned very often and thoroughly, as a surprising amount of dust and dirt gathers in the hair. This quickly accumulates in the brushes and fills them. Hence the brush should be cleaned immediately after using. Wash the brush in warm water to which a little ammonia is added. Neither hot water nor soap should be used, and the bristles should be allowed to dry thoroughly before using them. The effect of hot water and soap is to soften the bristles and also the glue with which they are commonly fastened into the brush, and when soft, the bristles are likely to split and break off or fall out.

### DANDRUFF

Dandruff is a common disease. It is caused by the formation of a scurf on the scalp which becomes detached in fine, dry scales. Unless these scales are removed from the hair by frequent brushing they give it a dry and lusterless appearance.

Among the causes of dandruff may be mentioned weakness of the scalp from infectious diseases, pressure of heavy and close hats, or of the hair matted upon the scalp, excessive use of hair oils. These conditions should be avoided as much as possible, and the scalp should be kept perfectly clean, with due attention to instructions already given for its care. Hygienic measures for the improvement of the general health are also very important.

### SHAMPOOING

For shampooing plain toilet soap, ivory or tar soap may be used. The important thing is to make sure that all the soap is thoroughly rinsed away when the shampoo is finished.

The following preparation is good:

Dissolve one ounce of salts of tartar in one and one-half pints of soft water. Add one ounce of castile soap in shavings and 4 ounces of bay rum. The salts of tartar will



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remove dandruff and the soap will cleanse the hair and scalp.

Apply about one tablespoonful of the shampoo mixture, rubbing it into the scalp with the tips of the fingers and working it in thoroughly. Massage with the hands until a fine lather is produced. Afterwards rinse with clear soft water, first hot then cold, dry the hair with a coarse towel, and apply a little oil if desired, to take the place of the natural oil which has been removed from the hair by this process.

### DRY HAIR SHAMPOO

Mix four ounces of powdered orris root with one ounce of talcum powder, and sprinkle freely through the hair. This absorbs the superfluous oil and gives the hair a very thick and fluffy appearance. It is especially useful to persons whose hair is heavy and oily. It is also cooling and cleansing to the scalp.

### LOOSENING AND FALLING OUT OF THE HAIR

This often takes place as the result of infectious diseases, on account of the weakening of the scalp. Hygienic measures to improve the health come first in importance. The use of tar soap and the yolk of egg is beneficial. To plunge the head into cold water night and morning, and afterwards to dry the hair, brushing the scalp briskly to a warm glow, is beneficial for men so affected. The recipes for various tonics and lotions will be given containing specific remedial agents.

### DRY HAIR

This condition of the hair may be improved by shampooing the scalp with yolk of egg, as recommended for dandruff, or the scalp may be washed with a weak solution of green tea applied cold, or with an emulsion of castile soap containing a small quantity of tannin. Alcohol in any form is highly objectionable, as it tends by rapid evaporation to increase the dryness of the scalp.





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Shampooing the scalp with a good shampoo mixture is also useful. This condition may occur from too frequent washing of the scalp with soap or other substances that deprive it of its natural oils.

### CARE OF THE TEETH

Good teeth are necessary to health and beauty.

From the standpoint of health, it must be remembered that the process of digestion begins in the mouth. The saliva of the mouth has the property of converting starchy foods into sugar, thus aiding digestion. And food finely divided by proper chewing is more readily acted upon by the gastric juice of the stomach. Good teeth are, of course, necessary to good mastication. If any of the teeth are lost, part of the food is likely to be swallowed without being properly chewed, and the ill effects are no less certain because they are not always immediately noticed or attributed to the true source.

*Teeth of children.*—One of the most common causes of trouble with the teeth in after life is the mistaken notion that children's teeth do not require much attention because they will soon be lost and replaced by others. Children on the contrary should be taught to clean their teeth at a very early age partly because they will thus acquire a habit which it will afterwards be more difficult to teach them, but especially because the lack of proper development or decay of the teeth has a direct effect upon the health of the child, and an indirect effect upon the permanent teeth themselves.

The appearance of the milk teeth about the seventh month is a signal that the child should commence to have solid food and should no longer be fed exclusively on milk and other soft foods.

*Care of the teeth.*—There are two important rules in the care of the teeth: keep them clean and consult a good dentist at least twice a year.

By keeping the teeth clean, filling small cavities when they first appear, correcting any malformation of the teeth and giving advice as to suitable mouth washes and other treatment when abnormal conditions are present, a positive saving in future dentist's bill will be affected; toothache will be avoided, and the teeth themselves will be better preserved.

The accumulation of tartar in the form of a yellowish incrustation, which is usually most plentiful on the inner side of the lower jaw is almost universal. But the deposit is much more pronounced in some cases than in others. The accumulation of tartar cannot always be prevented by brushing the teeth, although the use of suitable tooth powders, pastes or mouth washes will assist, but in all cases where the tartar is plentiful, the teeth should be thoroughly cleaned by a competent dentist several times a year. The teeth should be thoroughly brushed and cleaned at least once a day or better still, when possible after each meal and especially before retiring at night.

A toothbrush having medium soft bristles is preferable to one having stiff bristles which may tend to injure or inflame the gum. The shape of the brush is not particularly important, although the so-called "prophylactic" brush assists in dislodging food from the teeth in the back of the mouth. What is more important is the manner in which the brush is handled. In addition to the sidewise strokes, the brush should also be worked up and down so as to remove from between the teeth particles of food that would only be crowded in more tightly by rubbing back and forth. This is very important. The inner surface of the teeth should be brushed in the same manner, care being taken to cover, in brushing, every portion of the teeth that can be reached. Clean the space between the teeth with a piece of dental floss. The mouth should then be thoroughly rinsed.



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*To Whiten the Teeth.*—Salt combined with peroxide of hydrogen is a powerful bleach. Apply by wetting the brush with the pure peroxide and sprinkle with dry salt, but do not use oftener than is necessary.

Tooth powders containing charcoal assist in whitening the teeth. A little dry charcoal powder may be rubbed gently into the crevices between the teeth on retiring at night, and brushed or rinsed out thoroughly in the morning. The use of bicarbonate of soda as a tooth powder has the same property.

Foul breath is most often caused by decayed teeth, inflammation of the gums, or neglect to use the toothbrush. It may also be caused by catarrh or various diseases of the throat and stomach or other internal organs.

One of the most effective remedies for foul breath is a mouth wash composed of a teaspoonful of concentrated solution of chloride of soda in a tumbler of water. This should be used as a gargle and also forced back and forth between the teeth.

PALMOLIVE SOAP



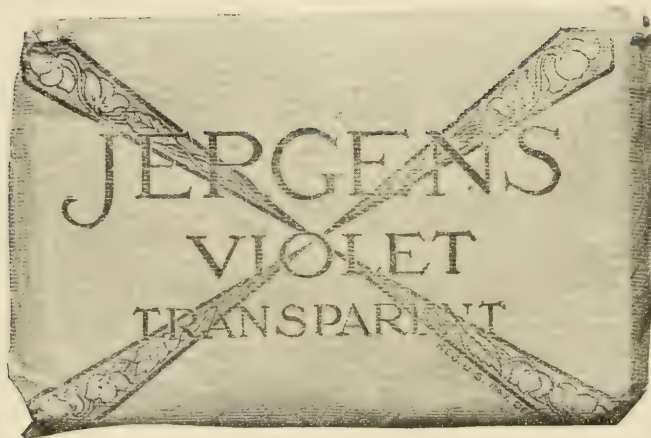
## CHAPTER XXXVI

## TOILET PREPARATIONS

Practical suggestions and instructions for preparing all kinds of toilet preparations are of interest and value. Many toilet preparations made according to recipes given in this section are sold in the market. The cost of advertising these articles make up a large percentage of their retail price. The purchaser has to pay all this in addition to the original cost of the ingredients and the labor of compounding. Moreover, it is not always possible to tell what the ingredients are or whether they are of good quality. One can save money in compounding them himself. He will know exactly what the preparations are composed of, and also that the ingredients are fresh and of good quality.

*Composition.*—The standard basis for solid and semifluid preparations, as pastes, creams, and emulsions, are white wax, spermaceti, suet, lard, yolk or white of egg, and various soaps.

Animal fats, as lards, suet, and the like, must be specially refined and prepared for toilet purposes. This may be done at home by melting and simmering the fat slowly in water with gentle heat, and straining it through linen one or more times. On cooling the fat will form a cake on top of the water. Unless alcohol or other preservatives are mixed with the fats they tend to become rancid. Hence small quantities at a time should be prepared, and care should be taken not to employ such preparations when they become in the least rancid. The same caution applies to compounds containing the white or yolk of eggs and honey.



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White wax, spermaceti, Castile and other soaps as bases are free from these objections, and recipes containing them are to be preferred when such ingredients can conveniently be obtained. In compounding recipes having these solid unguents as bases they are first melted slowly with gentle heat, and while in a melted condition the other ingredients are added. They may also be "cut" or dissolved in alcohol and spirits.

*Liquid Bases.*—Certain toilet preparations, as emulsions, lotions, washes, and the like, omit the above solids or employ them only in small quantities, and in their place use certain oils and other liquids as bases. The principal liquid bases are almond oil, olive oil, glycerin, honey, and the like. These have a double value: they tend to soothe and also to feed the skin. They are, therefore, among the most deservedly popular of all ingredients.

*Bases of Powders.*—Wheat starch is the standard base for homemade toilet powders, but other materials often employed are Fuller's earth, French chalk, and pearl white. Almond meal, like almond oil, has the double property of serving as a base and also as a remedial agent.

*Remedial Agents.*—This term is employed to describe certain ingredients used in toilet preparations which have specific curative properties. Some of the bases already mentioned, as almonds, are included also under this heading. Among others of especial value may be mentioned substances which soothe and feed the skin, as the yolk of egg, honey, and cocoa butter; substances which are mildly astringent, as lemon juice, alum, spirits, and benzoin; and other specifics, as glycerin, camphor and sulphur, whose action varies with different persons. These agents are in most cases of a harmless character.

*Mineral Agents.*—The use of mineral drugs in toilet preparations cannot be too earnestly deprecated. In many cases they are immediately harmful and defeat the very object for which they are intended. Mineral drugs in toilet preparations are dangerous and, they are not necessary. The

simple and harmless remedies here given, if patiently and skillfully applied according to directions, will, in due course of time, accomplish the results intended.

The use of mineral drugs, on the other hand, whatever the immediate benefits derived from them may appear to be, will in the end defeat its own object by producing after effects harmful to the complexion.

*Diluent*s or *Vehicles*.—Distilled water, various perfumed toilet waters, as rose water, together with alcohol and other spirits, are the liquids most often recommended for diluting toilet preparations to the consistency of creams, liquids and the like.

Distilled water may be prepared at home by attaching a tube to the spout of the teakettle, immersing as much of its length as possible in a basin of water shielded from the fire and kept cold, if convenient, with ice, and collecting the condensed steam at the opposite end of the tube in a fruit jar or other receptacle. The object of this process is to remove all impurities held in suspension, as lime and other minerals which are found in hard water; also vegetable and animal matter and other impurities. The ordinary water supply, softened if necessary will usually answer every purpose. Rose water or plain distilled or soft water may be used in all cases.

*Perfumes*.—Substances used as perfumes commonly occur in several forms, i. e., the attar or essential oil, the essence, and the tincture or the “water,” depending upon the degree of dilution. They can also be obtained in powdered form, as in sachets. The most convenient form in which to purchase perfumes is the attar, i. e., the essential oil. This may be purchased in small quantities and employed according to taste, a few drops being sufficient to perfume most toilet preparations in quantities suitable for domestic use.

*Utensils Required*.—The utensils required in compounding the following recipes are usually found in every household. A small pair of scales, a graduate glass, marked for the measurement of fluid ounces, a small spatula or thin

broad-bladed, flexible knife, a small mortar and pestle, and one or two short pieces of glass tube or rod for stirring, will be found convenient. Ordinary porcelain-lined saucepans are the best receptacles in which to melt and mix the necessary ingredients. A double boiler is convenient.

*Directions for Compounding.*—First place the solid or liquid constituent used as a base in a double boiler or saucepan. Simmer without boiling until the solids are melted and the mass is warm enough to flow freely. Strain through linen while still hot.

Return the mixture to the double boiler, and while hot add such specific remedial agents as the oil of bitter almonds, honey, glycerin, benzoin, lemon juice, alum, etc.

If rose water or distilled water is to be added to form an emulsion, lotion, or wash, take the mixture off the fire and add the water gradually, stirring briskly with a spoon or egg beater to insure forming a perfect emulsion. The last ingredient to be added is always the perfume, and this should be done after the mixture has cooled somewhat, but before it sets. Perfumes are volatile, and if added to a heated mixture are likely to be wasted by evaporation.

*Compounding of Pastes and Powders.*—The above instructions apply especially to liquid compounds. The solid constituents of pastes may be rubbed together in a mortar, and kneaded with the hands or with a spatula on a marble or a kneading board. In some cases an egg beater can be employed if the consistency of the mixture will allow it. Almonds for pastes may be reduced in a mortar to the proper consistency by moistening them with rose water and grinding them with a pestle, or by heating them with water in a saucepan until the mass assumes a granular consistency, somewhat similar to cooked oatmeal. Both methods are employed, but the former is the more common. The materials for toilet powders may be compounded by simple mixture in a mortar or other suitable receptacle.

*Tables.*—A number of tables have been prepared which contain practically all the standard recipes for the toilet. An exception to this statement has already been noted; all recipes containing preparations of lead and other injurious mineral drugs have been omitted. A list of the different ingredients is given at the left of the table, and the name of each preparation is quoted at the top. Under each name and opposite the names of the different ingredients will be found the amount of each to be employed. General directions for compounding the recipes have already been given.

*Milk for the Skin.*—New milk, skimmed milk, buttermilk each possess properties peculiar to itself, and they all make useful and simple washes having a general emollient action on the skin. If used daily they tend to make the skin soft, smooth, and white, and to preserve it from the effects of exposure to weather. Buttermilk is useful for freckles and relieves itching.

*Lotions for Tan or Sunburn.*—These are based principally on oil of almonds, with the addition of castile soap and rock candy, and contain various remedial agents, including astringents, as alum and lemon juice, also benzoin, tincture of tolu, tartar oil, and the like. They are diluted usually with alcohol or any perfumed toilet water, for which plain distilled or soft water may be substituted. And they may be perfumed with any essential oil or essence preferred. Apply any of these lotions to the face with a small sponge or a soft linen rag. Let it dry on without rubbing, and afterwards wash the face with soft warm water.

The following is a simple remedy for tan or sunburn: apply peroxide of hydrogen, pouring a teaspoonful or more in the palm of the hand, and applying it equally over the hands, arms, and face. Let it dry without rubbing. After it is thoroughly dry, apply any good lotion. This will rapidly bleach the skin without injuring the most delicate complexion.



# THE HOUSEKEEPER

## Lotions for Tan and Sunburn

Castile Soap .....				1 oz.		$\frac{1}{2}$ lb.				4 oz.
Ox Gall .....	1 lb.									
Borax .....	2 dr.				$\frac{1}{2}$ dr.			1 oz.	$\frac{1}{2}$ dr.	1 dr.
Almonds, Bitter .....		$\frac{1}{2}$ oz.						$\frac{1}{2}$ oz.		8 oz.
Alm'ds, Bitter, Oil of				$\frac{1}{2}$ oz.						
" Sweet, "			1 oz.							
Rock Candy .....	$\frac{1}{2}$ oz.				1 dr.				1 dr.	8 oz.
" Salt .....										2 oz.
Camphor .....	1 dr.									1 $\frac{1}{2}$ scr.
Benzoin .....		1 pt.					1 pt.			2 dr.
Tinc. Tolu. ....		$\frac{1}{2}$ pt.				$\frac{1}{2}$ oz.	$\frac{1}{2}$ pt.			
Alum .....	1 dr.									1 $\frac{1}{2}$ scr.
Lemon Juice .....				$\frac{1}{2}$ oz.	2 oz.			$\frac{1}{2}$ cz.	2 oz.	
Tartar Oil .....				$\frac{1}{2}$ oz.				$\frac{1}{4}$ oz.		
Limewater .....			1 oz.							
Alcohol (95%) .....						1 qt.				
Rose Water .....	$\frac{1}{4}$ pt.	$\frac{1}{2}$ pt.				1 gal.	$\frac{1}{2}$ gill		2 qt.	1 qt.
Any Essential Oil ...	$\frac{1}{2}$ oz.			3 dr.		4 dr.	$\frac{1}{4}$ oz.	3 dr.	20 m.	

### Remedy for Freckles.

Grate a fresh horse-radish root very fine, cover with fresh buttermilk, and let stand over night. Strain through cheese cloth, and wash the face night and morning with the resulting liquor.

Or squeeze the juice of a lemon into half a cup of water, and use two or three times daily as a face wash.

*Honey for the Hands.*—This may be used when the skin is dry, hard, and rough. Moisten the hands and rub the honey in well. After a while wash them thoroughly in bran water or some other liquid preparation and they will be perfectly clean and soft.

*Camphor for Chapped Hands.*—Camphor cakes or balls, to prevent chapped hands, may be made as follows:

Melt 3 drams of spermaceti and 4 drams of white wax. Add 1 ounce of almond oil. Moisten 3 drams of camphor with spirits of wine, and mix all together. Pour this into molds or make into balls.

POMPEIAN COLD CREAM AND POWDER

HAIR TONICS, INVIGORATORS, AND RESTORATIVES

	Cantharides Tonic.	Willson's Lotion.	America Tonic.	Owen's Invigorator.	Balsam Tolu.	Chili Tonic.	West Indian Invigorator.	Kilmer's Tonic.	Spanish Wash.	Cheap Tonic.	Lavender Tonic.	Bay Rum.	Capsicum Tonic.	Jamaica Tonic.	Chinese Tonic.
Lard . . . . .					2 oz.										
White Wax . . . . .					3 oz.										
Castor Oil . . . . .						3 oz.	$\frac{1}{2}$ oz.	$\frac{1}{2}$ oz.				1 oz.	1 oz.	1 oz.	3 oz.
Glycerin . . . . .															
Sweet Oil . . . . .															
Aromatic Sp. Am. . . . .			1 dr.												
Aqua Am. . . . .															
Tinc. of America . . . . .			$\frac{1}{2}$ oz.												
Tinc. of Cantharides . . . . .		1 oz.				4 dr.	$\frac{1}{2}$ oz.	1 oz.	1 oz.	1 pt.	$\frac{1}{2}$ oz.	1 oz.	2 dr.	1 pt.	
Ving. of Cantharides . . . . .	2 dr.					2 dr.	$\frac{1}{2}$ oz.						1 dr.		
Capsicum . . . . .							$\frac{1}{4}$ oz.			1 oz.		$\frac{1}{2}$ oz.	3 oz.		
Carb. Am. . . . .															
Cinchona Bark . . . . .															
Black Tea . . . . .															
Tannic Acid . . . . .															
Alcohol . . . . .															
Bay Rum . . . . .															
Sherry Wine . . . . .			$\frac{1}{2}$ pt.	8 oz.			$\frac{1}{2}$ pt.	7 $\frac{1}{2}$ oz.				1 pt.	$\frac{1}{2}$ dr.	1 pt.	
Water . . . . .			$\frac{1}{2}$ pt.				1 pt.					2 pt.	1 oz.	1 qt.	1 qt.
Balsam of Tolu . . . . .	3 oz.								1 oz.						
Oil of Bergamot . . . . .					2 dr.										
Eau de Cologne . . . . .					30 d.										
Oil of Lavender . . . . .						3 oz.									
Oil of Cloves . . . . .															
Tinc. of Myrrh . . . . .		$\frac{1}{2}$ dr.													
Oil of Rose . . . . .															
Oil of Rosemary . . . . .															
Thyme (white) . . . . .		$\frac{1}{2}$ dr.		10 m.				$\frac{1}{2}$ oz.							

## TOOTH POWDERS

Bole . . . . .	Camphorated Powders.	Safe Tooth Powder.	Violet Tooth Powder.	Orris Powder.	Cocoa Soap.	Tooth Powder.	Premium Powder.	Quinia Powder.	Beal's Tooth Powder.	Parisian Tooth Powder.	Excellent Tooth Powder.	Antiseptic Tooth Powder.	Peruvian Tooth Powder.
Chalk . . . . .	3 oz.	1 part 4 parts	2 oz. 6 oz.	1 lb.	1 lb. 1 lb.	1 lb.	6 oz.	$\frac{1}{2}$ lb.	12 oz.	8 oz.	4 oz. 4 oz. 4 oz. 4 oz.	2 oz. 4 oz.	4 oz.
Charcoal . . . . .													
Cuttlefish Bone													
Pulverized Sugar			3 oz.		$\frac{1}{2}$ lb.	$\frac{1}{2}$ lb. 1 lb.				8 oz.			
Alum . . . . .										1 lb.			
Borax . . . . .	2 dr.	1 part		8 oz.	1 lb.	2 lb. 10 oz.		4 oz.		$\frac{1}{2}$ lb. 2 $\frac{1}{2}$ lb.			
Carb. of Magnesia				4 oz.					2 oz.				
Cream of Tartar													
Castile Soap													
Bicarbonate of Soda			2 dr.										
Pul. Camphor . . . . .	1 oz.							$\frac{1}{2}$ dr.					
Sulphate Quinine													
Myrrh . . . . .	2 dr.			4 oz.									2 oz.
Orris Root . . . . .		1 part	1 $\frac{1}{2}$ oz.	4 oz.			1 oz. $\frac{1}{2}$ oz.	4 oz.	2 oz.	12 oz. $\frac{3}{4}$ oz.		1 oz.	1 oz.
Cassia Powder													2 oz.
Peruvian Bark	$\frac{1}{2}$ oz.	1 part			$\frac{1}{4}$ dr. $\frac{1}{4}$ oz.					1 $\frac{1}{4}$ dr.			1 dr.
Any Essential Oils													
Any Essences			3 oz.						2 oz.				
Rose Pink						10 oz.				3 oz.			



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## Cold Cream

	Rose Cream	Creme de Cathay	Wax Cream	Cream of Roses	Chrystalline	French Cream	Quince Cream	Hudson's Cream	Sultana Cream	English Cream	Georgia Cream	Farmer's Cream	Oriental Cream
White Wax....	4 oz.	$\frac{1}{2}$ oz.	$\frac{1}{2}$ oz.	10 dr.	$\frac{1}{2}$ oz.	5 dr.		1 oz.	$\frac{1}{4}$ oz.	4 dr.			
Spermaceti....		$\frac{1}{2}$ oz.		10 dr.	$\frac{1}{2}$ oz.	5 dr.		1 oz.	$\frac{1}{4}$ oz.	6 dr.		3 oz.	1 oz.
Lard.....				8 oz.							2 lb.	16 oz.	10 oz.
Suet.....											1 lb.		2 oz.
Quince Seed Mucilage....							20 oz.						
Cocoa Butter..													
Almond Oil....	16 oz.	4 oz.	2 oz.		2 cz.	10 oz.		8 oz.	$\frac{1}{4}$ lb.	8 oz.			4 oz.
" Soap ..							$\frac{1}{2}$ oz.						
Glycerin.....							1 oz.		$\frac{1}{4}$ lb.				
Borax .....										20 gr.			
Stearic Acid...							5 oz.						
Sub. Carbonate Potash .....				15 gr.									
Alcohol.....				2 oz.									
Rose Water....	12 oz.	2 oz.	2 oz.	4 oz.		$3\frac{1}{2}$ oz.		5 oz.	2 dr.	8 oz.	4 oz.		3 oz.
Any Essential Oil.....		10 m.		10 m.		15 m.			12 m.		30 m.	10 m.	15 m.

## Shaving Creams

	Tartar Cream	French Cream	Palm Cream	Yankee Liquid	Jelly Cream	Barber's Cream	Soda Cream	German Cream	English Paste	Honey Cream	Russian Cream	Honey Paste	Owens' Cream
White Wax..		$\frac{1}{4}$ oz.				1 dr.		2 oz.		$\frac{1}{4}$ oz.			
Spermaceti..		$\frac{1}{4}$ oz.						2 oz.		$\frac{1}{4}$ oz.			
Hard White Soap.....	3 oz.	2 oz.	3 lb.	3 lb.		2 oz.	2 oz.	2 oz.	2 oz.			2 oz.	3 lb.
Castile Soap.				1 lb.					4 oz.			4 oz.	1 lb.
Soap Jelly...					1 lb.	4 oz.					1 oz.		
Almond Oil..		$\frac{1}{4}$ oz.					2 oz.			$\frac{1}{2}$ oz.			
Olive Oil....						1 oz.		2 oz.					
Palm Oil....			1 lb.										
Honey .....									1 oz.	4 oz.		1 oz.	
Alcohol.....	8 oz.				$1\frac{1}{2}$ pt.								
Rose Water..	4 oz.	q. s.	12 oz.	1 qt.		4 oz.	1 oz.	q. s.	q. s.	q. s.			12 oz.
Sal. Soda...			1 oz.			2 dr.	1 oz.	2 oz.					
Carb. Potassa	1 dr.												
Sp. Turp...				1 gill									1 oz.
Beef's Gall..				$\frac{1}{2}$ pt.									
Any Essential Oil.....	10 m.		120 m.				q. s.	20 m.	30 m.	10 m.	10 m.	18 m.	100 m.



## TOILET POWDERS

The foundation for toilet powders are compounds of magnesia, including talc or talcum—which chemically is magnesium silicate; and which is mined in large quantities, and French chalk, which is ground soapstone; fuller's earth, a greenish clay found in many parts of England and on the continent of Europe; and starch, especially rice and wheat starch, which is sometimes mixed with cornstarch, potato starch, etc. These preparations usually contain pulverized perfumed woods, as orris root, sandalwood, and other perfumes.

The following are standard preparations which contain no injurious ingredients:

For plain face powder without perfume, pure white starch can be used.

Mix together equal quantities of rice flour, fuller's earth, and white starch, and perfume with any essential oil as rose or violet.

For violet powder, mix 3 ounces of white starch with 1 ounce of powdered orris root, rub together in water, and perfume with the essential oils of lemon, bergamot and cloves, using twice as much lemon as bergamot and cloves.

For a rose face powder, mix 8 ounces of pulverized rose leaves with 4 ounces of pulverized sandalwood, and add 1 dram of the attar of roses.

Or to  $3\frac{1}{2}$  pounds of powdered rose or white starch, add  $\frac{1}{4}$  dram of rose pink and 1 dram each of rose oil and santal oil.

*Perfumes.* The use of strong perfumes is rapidly growing out of fashion, but the natural fragrance of flowers, spices and perfumed woods—the sources of the ingredients used in perfumery—is, however, so delightful that those substances are likely always to be employed to a certain extent in the toilet.

The various forms in which perfumes are placed upon the market are, according to the degree of dilution, the attar or essential oil, the essence or extract, and the perfumed toilet water. Innumerable compounds are sold under various names as colognes, scents, spirits, (French *esprit*), and the like. The substances from which these perfumes are obtained may also in some cases be purchased, as the dry leaves or flowers of plants and various kinds of wood or roots.

Perfumes are also used in the form of sachets or dry powder, to be placed among garments or linen, either in sachet bags or scattered loosely in chests and drawers. They are likewise employed to perfume the atmosphere of a room by putting in open jars, or burning them.

Generally speaking, the most convenient form in which to obtain perfumes is the attar or essential oil. A few drops of these concentrated substances, usually about 5 or 6 drops to the pint or pound, will yield any desired odor. When the essence, the perfumed water, or the original substances themselves are prescribed in recipes, the essential oil can be substituted in most cases.

PERFUMES — COLOGNE

	Eau de Cologne	Cologne Water.	Superior Cologne Water.	Cologne Water.	Do.	Cologne Water.	Eau de Cologne.	Cologne Water.	Best Cologne Water.	Cologne Water.	Farina Cologne.	Portugal Cologne.	Eau de Bouquet.
Oil Bergamot . . . . .		1 oz.	1 dr.	1 dr.		1 dr.		$\frac{1}{8}$ oz.	2 oz.	1 oz.	1 oz.	1 oz.	
Oil Cedrat . . . . .		2 dr.		8 d.		8 d.		8 d.	1 d.				$\frac{3}{4}$ oz.
Oil Cinnamon . . . . .				8 d.				15 d.					
Oil Cloves . . . . .								$\frac{1}{4}$ oz.	$\frac{1}{2}$ oz.				
Oil Jasmine . . . . .								$\frac{1}{8}$ oz.	2 dr.				
Oil Lemon . . . . .		2 dr.	1 dr.	1 dr.		1 dr.		$\frac{1}{8}$ oz.	2 dr.				
Oil Lavender . . . . .	40 d.												
Oil Neroli . . . . .													
Oil Orange . . . . .													
Oil Roses . . . . .			1 dr.	10 d.		15 d.							
Oil Rosemary . . . . .			1 $\frac{1}{2}$ dr.			$\frac{1}{4}$ oz.							
Tinct. Benjamin . . . . .	2 d.												
Tinct. Benzoin . . . . .	1 dr.												
Tinct. Bergamot . . . . .		1 dr.											
Ess. Bergamot . . . . .													
Ess. Cedrat . . . . .	1 $\frac{1}{2}$ dr.												
Ess. Ambergis . . . . .													
Ess. Citron . . . . .													1 dr.
Ess. Cardamoms . . . . .													
Ess. Lemon . . . . .	1 $\frac{1}{2}$ dr.												
Ess. Or. Flower . . . . .	1 $\frac{1}{2}$ dr.												
Ess. Musk . . . . .													
Ess. Neroli . . . . .			2 dr.										
Ess. Jasmine . . . . .													
Ess. Rosemary . . . . .	2 oz.												
Distilled Water . . . . .													
Orange-flower Water . . . . .													
Rose Water . . . . .													
Scented Honey Water . . . . .													
Alcohol (95%) . . . . .	1 $\frac{1}{2}$ pt.	5 oz.	1 pt.	1 pt.	1 qt.	2 qt.	1 gal.	$\frac{1}{2}$ pt.	1 gal.	1 gal.	3 pt.	1 gal.	1 pt.
Calamus Aromaticus . . . . .													3 pt. 4 oz.

## PERFUMES — SACHET

Caraway .....		1 oz.	1 oz.			$\frac{1}{4}$ oz.		$\frac{1}{2}$ lb.
Cassia .....		1 oz.	1 oz.			$\frac{1}{4}$ oz.		1 lb.
Cedar .....		1 oz.	1 oz.		1 oz.			$\frac{1}{2}$ lb.
Cloves .....		1 oz.	1 oz.					
Coriander Seed .....								
Black Currant Leaves .....					1 oz.			
Arom. Calamus .....								
Gum Benzoin .....							1 lb. 4 oz.	
Tonka Beans .....								
Dried Lemon Peel .....								
Lemon Granium Leaves .....						$\frac{1}{2}$ lb.		
Lavender Flowers .....		8 oz.	1 oz.		1 oz.			$\frac{1}{2}$ oz.
Rose Leaves .....		8 oz.	1 oz.		1 oz.			1 lb.
Orris Root .....		1 oz.	1 oz.			$\frac{1}{2}$ oz.		2 lb.
Mint .....	1 lb.							
Rhubarb Wood .....								$\frac{1}{2}$ lb.
Santal Wood .....								
Salt .....								
Thyme .....								
Vanilla Beans .....	12 gr.				5 gr.		1 oz.	1 dr.
Musk .....								$\frac{1}{4}$ dr.
Oil Bergamot .....								
Oil Almonds .....								
Oil Lemon .....							4 dr.	6 m.
Oil Neroli .....							1 dr.	
Oil Lemon Grass .....								
Oil Rhodium .....								
Oil Rose .....								
Oil Santal .....								
Ess. Ambergris .....	1 dr.							$\frac{1}{4}$ oz.
Ess. Bergamot .....	$\frac{1}{2}$ dr.							
Ess. Jasmine .....								
Ess. Lavender .....	1 dr.				$\frac{1}{4}$ dr.			
Ess. Lemon .....	$\frac{1}{2}$ dr.							

## *Almond Paste for the Complexion*

### ALMOND PASTE FOR THE COMPLEXION

	Mme. de Vestus.	Amadine.	Royale.	Regia.	Amaryllis.	German.	Hunter's.	Hungarian.	Anglin's.	Hebe Liquid.	Countess.	Amandine.	Mme. de Maintenon.
White Wax . . . . .						4 oz.	2 oz.						
Spermaceti . . . . .			1 oz.	1 oz.		2 oz.		2 dr.					
Suet . . . . .							14 oz.						
Castile Soap . . . . .		1 oz.						$\frac{1}{2}$ oz.				3 oz.	
White Paste . . . . .					8 oz.								
Simple Sirup . . . . .		4 oz.											
Gum Arabic . . . . .											2 oz.	2 oz.	
Honey . . . . .					8 oz.						8 oz.	6 oz.	
Yolk of Egg . . . . .					3							5	
White of Egg . . . . .	4		1	1									1
Almonds, Sweet . . . . .			8 oz.	$\frac{1}{4}$ oz.				2 oz.	1 lb.	4 oz.			3 oz.
" Bitter . . . . .		1 oz.		$\frac{1}{4}$ oz.				2 oz.	1 lb.	4 oz.			4 oz.
" Oil of . . . . .	$\frac{1}{2}$ oz.	7 lb.			16 oz.	$\frac{1}{2}$ p.		$\frac{1}{2}$ oz.		1 oz.		2 oz.	3 oz.
" Attar of . . . . .						1 dr.	1 dr.					1 $\frac{1}{4}$ dr.	
Milk of Pistachio . . . . .												8 oz.	
Alcohol . . . . .										1 oz.			q. s.
Lemon Juice . . . . .										6 oz.			3 oz.
Alum . . . . .	$\frac{1}{2}$ oz.												
Rose Water . . . . .			q. s.	q. s.					q. s.	2 oz.	q. s.		
Oil of Bergamot . . . . .		1 oz.						12 m.					
" Cloves . . . . .		$\frac{1}{2}$ oz.				$\frac{1}{2}$ dr.	$\frac{1}{2}$ dr.						
" Mace . . . . .													
" Roses . . . . .								12 m.					
Orris Powder . . . . .									$\frac{1}{4}$ oz.				

### COLD CREAM

Cold creams. The foundation of most cold creams is either white wax or spermaceti or both, with almond oil or animal fats, as lard, suet, and the like, to which may be added various specifics for the complexion, and distilled waters, essences, or essential oils to perfume as desired.

Cold cream is among the most useful of toilet preparations, both as a preventive and as a remedy for sunburn and reddening of the skin by exposure, frostbite, and other local irritations. It is also useful for whitening the hands and preventing wrinkles. For this purpose it should be applied at night and thoroughly washed off in the morning. The hands may be protected at night by a loose pair of kid or chamois gloves.

*Camphor Ice.*—Oil of sweet almonds, 1 ounce; spermaceti, 2 ounces; white wax, 1 ounce; camphor,  $\frac{1}{4}$  ounce. Melt these ingredients in a double boiler, and pour in small molds.

*Borax.*—Dissolve 5 drams of borax in 1 pint of pure soft or distilled water, and use as a wash for sore gums, boils, or any other irritation of the skin or mucous membrane.

Or combine borax with glycerin in the proportion of 6 drams of borax and  $1\frac{1}{2}$  ounces of pure glycerin; add 16 ounces of rose water. This may be used regularly as a face wash.

### Complexion Creams

#### ALMOND CREAM, MILK OF ROSES, ETC.

	Cream of Roses.	English Milk of Roses.	Almond Milk.	French Cream of Roses.	Commercial Milk of Roses.	Queen's Lotion.	Bernhardt Cream.	Italian Milk of Almond.	Bitter-almond Cream.	Barber's Almond Cream.	Bitter Almond.	German Milk of Roses.	Tartar Oil.
Almonds, Sweet.	16 oz.	1 $\frac{1}{2}$ oz.	1 oz.	5 oz.	7 lb.	5 lb.	3 lb.	16 oz.		6 lb.			
" Bitter			3 oz.	5 oz.	16 oz.			1 oz.	8 oz.				
" Oil	1 oz.	1 dr.		5 d.		16 oz.	4 oz.				1 dr.		1 oz.
" Milk										3 dr.		3 dr.	
" Paste.													
White Wax	7 dr.			$\frac{1}{4}$ oz.			$\frac{1}{2}$ oz.	1 oz.					
Spermaceti	3 dr.			$\frac{1}{2}$ oz.			$\frac{1}{2}$ oz.	1 oz.					
Castile Soap	1 oz.	1 dr.		$\frac{1}{4}$ oz.		12 oz.	$\frac{1}{4}$ lb.	1 oz.					
White Sugar			1 $\frac{1}{2}$ lb.										
Alcohol	1 pt.	2 $\frac{1}{2}$ oz.		6 oz.	1 gal.	3 qts.	2 qts.	1 qt.		1 gal.	1 oz.		
Rose Water	7 pts	$\frac{3}{4}$ pt.	1 qt.	1 pt.	5 gal.	q. s.	10 qts.	1 qt.	8 oz.	3 gal.	1 pt.	$\frac{1}{2}$ pt.	4 oz.
Rosemary Water		$\frac{1}{4}$ pt.											
Elder-Fl. Water.			1 oz.						6 oz.				
Lavender Water													
Tin. Storax									2 dr.				
Tinc. Benzoin	$\frac{1}{2}$ dr.										1 dr.	$\frac{1}{2}$ fl. oz.	
Pearlash						8 oz.	2 oz.						
Oil of Rose		6 m.		60 m.	20 m.	4 dr.	$\frac{1}{2}$ oz.		20 m.	1 oz.			20 m.
Oil of Lavender.	$\frac{1}{2}$ dr.			1 dr.					20 m.				
Oil of Tartar													
Oil of Bergamot.													
Balsam of Peru											20 m.		



TOOTH PASTES

	Violet.	French Paste.	Ward's Tooth Paste.	Tooth Paste.	Quinine Paste.	Camphor Paste.	Rose Paste.	Lloyd's Aromatic Areca.	Carbon Paste.	Do.	Charcoal Paste.	Do.	Coral Paste
Honey (white) . . . . .	q. s.	1½ gal.	3 oz.	8 oz.	4 oz.	q. s.	3 oz.	b. s.	5 oz.	4 oz.	1 oz.	1 oz.	10 oz.
Chalk . . . . .			2 oz.	8 oz.		1 oz.	2 oz.	4 dr.	4 oz.	1 oz.	2 oz.	2 oz.	
Charcoal . . . . .								2 dr.	2 oz.	3 oz.			1 oz.
Cuttlefish Bone . . . . .			1½ oz.		1 oz.		1 oz.			1 oz.			
Powdered Sugar . . . . .													
Castile Soap . . . . .	3 oz.	4 oz.											
Cream of Tartar . . . . .	2 oz.												
Bicarbonate of Soda . . . . .													
Burnt Alum . . . . .													
Sul Ammoniac . . . . .													
Chloride Potassium . . . . .		1 oz.											2 oz.
Camphor . . . . .		1 oz.											½ dr.
Disulphate Quinine . . . . .													
Tincture Opium . . . . .													
Myrrh . . . . .													
Orris Root . . . . .													
Any Essential Oil . . . . .													
Any Essences . . . . .													
Drop Lake . . . . .													
Rose Pink . . . . .													
Red Coral . . . . .													
Cochineal . . . . .													
Alcohol . . . . .													

## ROUGE

The base of rouge for the lips and cheeks is usually French chalk, almond oil, or other animal fat, or oil, or one of the gums, as gum tragacanth, colored with cochineal, carmine, vermillion, alkanet, or other red coloring matter, and perfumed. To this may be added a mild astringent, as alum, acetic acid, and the like.

For carmine rouge, bring to the boiling point in an aluminum or copper vessel one quart of distilled water, to which add one ounce of the best pulverized cochineal. After five or six minutes stir in carefully thirty grains of powdered Roman alum. Continue boiling three to five minutes and set aside to cool. When lukewarm, but before the mixture settles, pour off the clear liquid from the sediment through a piece of white silk or chiffon into a glass fruit jar. Let stand three or four days and again pour off through white silk into another vessel. Allow the liquor to settle; pour off the clear liquor from the top, and dry the sediment carefully in a cool place. The result is a very finely divided powder, making a rouge of the best quality.

## TOILET SOAP

One pound Cotton Seed oil.

$\frac{3}{8}$  pound lard.

1 tablespoonful lye.

$1\frac{3}{4}$  cupful cold water.

5 drops lavender or oil of geranium.

Dissolve the lye in cold water stirring with a stick, add the melted fats slowly stirring until the soap begins to thicken. Add the perfume and pour into small boxes lined with greased paper to become firm. Agate and wooden utensils should be used in soap making. It is more economical to dry the soap for sometime before using.



You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XXXVII

### CARE OF CHILDREN

The health of the mother during pregnancy is of the greatest importance for the normal development of the unborn child depends very largely upon her physical strength and mental balance. Wholesome food, a pleasant environment, congenial associates, plenty of exercise and fresh air should all be secured for the expectant mother if possible.

The exercise involved in housework and walking is beneficial but violent exercise such as laundry work, hill climbing, etc., should be avoided as it may be positively injurious.

The clothing should be loose and comfortable. The heavy demands made upon the energy of the mother in supplying nourishment not only for herself but for the unborn child require an increased amount of food and extra sleep. A nap in the afternoon is beneficial if it does not interfere with sleep at night.

A liberal supply of nourishment and easily digested food should be eaten. Plenty of fresh fruits and vegetables should make up a part of the diet as these tend to overcome constipation and furnish the necessary supply of mineral matter.

If materials for the growth of the baby are lacking in the food they will be used as far as possible from the mother's body. For example, if the diet is deficient in calcium and phosphorous for the formation of bones, the mother's bones and teeth are likely to suffer loss. For the most part the same kinds of food which are adapted to the mother under ordinary conditions are suitable for the mother and child.



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The preparation for the advent of the baby should be simple and completed before the last weeks of pregnancy thereby avoiding undue work.

The mother should be under the care of a physician during the period of gestation.

### CARE OF THE CHILD

Since the life of the infant and his entire future health depend upon his early care intelligent study of the hygiene and care of infants is the duty of every mother.

### BATHING

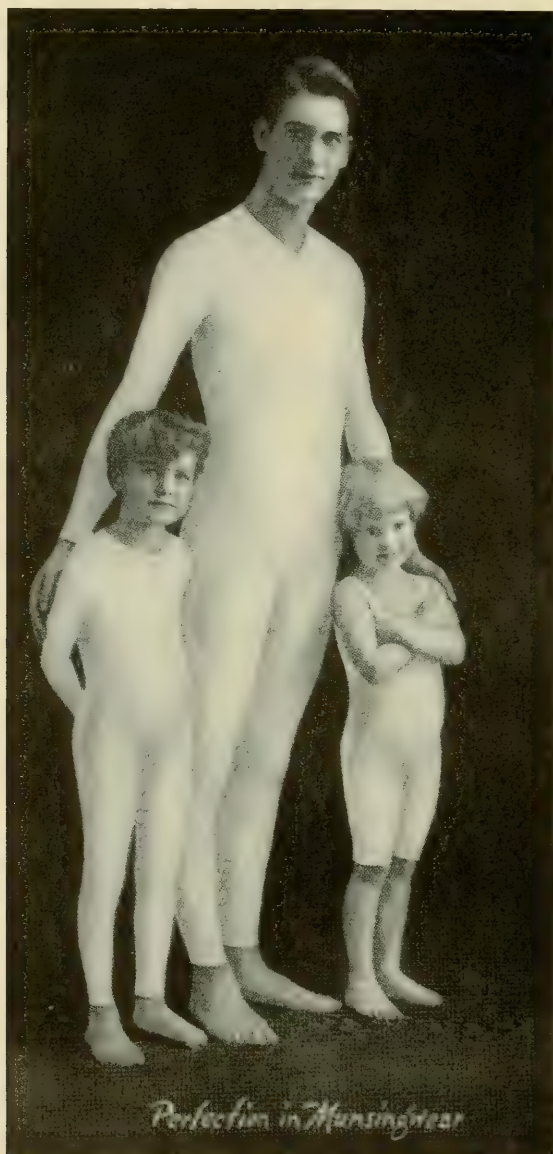
Give the baby a bath every morning, preferably at a certain regular hour, but never bathe within an hour after feeding. The first full bath should not be given for a week or ten days after birth. The water should be 98° to 100° Fahrenheit during the first few weeks. If the infant is vigorous the temperature may gradually be reduced to 95° at six months and 85° to 90° during the second year. Bathe the baby in a warm room.

The head and face should first be washed and dried, then the body should be soaped and the baby placed in the tub. Hold the baby so that he will be firmly supported and bathe him quickly. Dry the body quickly by patting with a soft towel but do not rub. Use only the best and mildest soap sparingly and rinse the body carefully.

At birth the physician cleanses the baby's eyes with an antiseptic. Every morning at the time of the bath the baby's eyes should be gently cleansed with a piece of absorbent cotton soaked in a solution of salt or boric acid using one teaspoonful boric acid to one pint of water.

Also swab out the baby's mouth with the boric acid solution using a bit of absorbent cotton on a tooth pick. This is not necessary after every feeding but should be done twice a day.





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Keep the baby's skin from chafing by dusting with powder under the arms, about the neck, and in the groin. This is especially important with very fat babies.

If the baby is chafed do not use soap for his bath but give him a bran bath. Place one pint of wheat bran in a cheese cloth bag and put this in the bath water, squeezing the bran until the water looks milky.

The greatest care should be taken that all napkins are removed as soon as wet or soiled and the groin kept scrupulously clean and well powdered. If the skin becomes chafed apply sweet oil.

### CLOTHING

While dressing the baby let him lie upon the lap until he is quite old enough to sit alone. Draw the clothing over his feet as this is easier than putting it on over his head.

The clothing of infants should be simple, warm, light in weight and not too tight fitting. For the first four or five months provide an abdominal band of thin, soft wool or flannel. This will prevent serious effects from sudden changes of temperature. The band should be smooth and free from creases or folds and fastened with safety pins, or preferably with a few stitches of soft darning cotton. It must not be pinned so tightly as to interfere with the free movements of the chest in breathing.

In healthy infants the flannel band may be replaced after the third or fourth month by the knitted band which should be worn at least to the eighteenth month. All the baby's clothing should be loose enough to allow it to breathe and move its limbs easily and to admit of the free circulation of blood. Never use clothing with tight waistbands. Skirts should be supported from the shoulders by straps. Do not put stiff or uncomfortable clothing on a baby.

Infants are very susceptible to changes of temperature. The clothing should be modified with each change in the weather. Either overheating or sudden chill tends to produce stomach or intestinal complaints. Cool outdoor air

will not harm children even in winter or in cold climates, if they are well wrapped up, protected from changes of temperature and kept out of drafts.

Clothing worn during the day which is to be worn again should be hung up to air, preferably out of doors. Garments worn at night should be hung up to air during the day. Both the baby and its clothing should be kept at all times clean, sweet and free from odor.

### NAPKINS

For the very young baby napkins made from pieces of old table linen will prove most satisfactory. They are soft and easily washed.

Napkins should immediately be removed from the nursery when soiled or wet. Soiled napkins should be kept in a covered receptacle and roughly washed as soon as possible, then soak them in clear water until a convenient time for washing. After washing them in hot suds they should be boiled for fifteen minutes.

Clean napkins, changed as soon as they are wet or soiled are essential in keeping the skin healthy.

### FRESH AIR

This is important to the baby's health. As soon as the baby is accustomed to outdoor air, keep one or more windows open in his sleeping room winter and summer, during both night and day.

Many children take their naps in the open air and often these children are stronger and less apt to take cold than others.

When the baby is outdoors see that he is dressed warm enough, that the wind does not blow in his face and that the sun does not shine directly in his eyes.

### NATURAL DEVELOPMENT

A child should never be urged to walk, he will do so when his bones and muscles are strong enough. The average child walks at fifteen months. Children can generally say a few single words at one year of age.

## DENTITION

The two lower center teeth usually come first, followed by the four upper center teeth. The child may be expected to have these six teeth by the first year. Then come the other two lower central teeth and the four front double teeth. Next the eye and stomach teeth come usually before the child is two years old. The four back double teeth come about the time the child is two years and a half old.

## INFANT FEEDING

Mother's milk is the best food for an infant. Statistics show that the mortality of bottle-fed babies during the first year is three times that of breast-fed babies.

Put the child to the breast every six hours the first day, and every four hours the second day after birth, or oftener if it fails to nurse or obtain nourishment. Usually a good flow of milk is not established until the fourth, fifth or sixth day.

The nursing should not last more than twenty minutes. Never let the baby go to sleep with the nipple in its mouth. After the milk comes, usually from the third day on, the frequency of nursing during the first year is shown in the following table from Holt:

Period	Nursings in 24 hours	Interval by day	Night nursings (10 P.M. to 6 A.M.)
1st and 2d day.....	4	6 hrs.	1
3 days to 6 weeks.....	10	2 "	2
6 weeks to 3 months.....	8	2½ "	2
3 to 5 months.....	7	3 "	1
5 to 12 months.....	6	3 "	0

The baby should not be allowed to nurse except at the regular intervals. It is a great, but very common mistake to put the baby to the breast every time it cries. It is



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more likely to be thirsty or suffering from over-feeding than to be hungry. Give it a drink of water, but do not nurse it until the regular time. The water should be boiled at least ten minutes, then cooled and kept in a covered jar and given to the baby luke warm. Have water boiled for the baby each day.

### CARE OF THE NURSING MOTHER

A nursing mother must take care of herself in order to keep her baby well. Breast-fed babies often vomit or have diarrhoea because the mother is sick or tired out, or because the milk is poor. Causes which weaken the mother and injure her milk are improper food, irregular meals, exhaustion from over-work or lack of sleep, and too frequent or prolonged nursing. She should sleep as much as possible in a room with windows wide open. It is well to sleep for at least one hour during the day.

Nursing mothers should keep themselves well and their milk in good condition, by eating at regular hours three plain, well-cooked meals a day, consisting of milk, meat, vegetables, and cereals. They should drink freely between meals of pure cold water. The notion that large quantities of tea, coffee and beer improve the quality of the mother's milk is mistaken. Beer and tea are always harmful and large quantities are positively dangerous. The mother should keep her bowels regular, as constipation in a nursing mother often causes colic in her child. If the mother is ill or run down, or the baby has diarrhoea and vomiting, she should consult a doctor at once, before giving the baby other foods or bottle feeding.

### WEANING

Usually a child is weaned at the ninth or tenth month. Reasons for weaning earlier are failure of child to develop normally and gain in weight, or the serious illness or pregnancy of the mother. The time for weaning the baby will



depend partly upon the state of the mother's health, and partly upon the season of the year. Some mothers ought to wean their infants at six months, others may nurse them a full year. The average is about nine or ten months. Nursing the child too long is an unnecessary drain upon the mother. There is also great danger of injury to the child. Consult a physician as to the time for weaning the baby. Wean gradually by giving one breast, feeding less each day and teach the baby to drink from a cup or bottle.

With the advice and consent of the physician, you may begin during the fifth or sixth month to teach the baby to take food and water from a bottle. Thus the baby will be fed for some time with both breast milk and artificial food, and there will be time for his stomach to adjust itself to the change. This plan will materially decrease both the difficulties and dangers of weaning.

In changing from breast milk to cow's milk, the milk used first should be very much diluted and modified unless the baby has been given a bottle in addition to the mother's milk. In weaning a six months' old baby give the milk usually given to an infant three months old. The quantity should be larger and the food can be gradually increased so that in a few weeks the usual strength for the age can be taken.

### ARTIFICIAL FEEDING

All doctors of experience agree that the problem of the artificial feeding of infants is one of the most serious which they are called upon to face. Some babies have to be put on the bottle at birth or during the first few weeks or months of life. All must be weaned sooner or later. Hence, this is a problem which must be worked out for every single child. There are certain facts and principles which every mother should know because they are of importance in all cases. But every mother should clearly understand that no set of rules can be laid down which will be adapted in all respects to any child. Each baby needs a

combination suited to his digestion. The mixture upon which some other baby is thriving may be too strong or too weak for your baby. The only way to learn what food will agree with your baby is by experience.

There is no perfect substitute for mother's milk. The milk of the cow and other animals, condensed milk, and artificial manufactured foods are unnatural and unsatisfactory makeshifts. All of these substitutes have been often analyzed and the difference between them and the natural food of infancy is clearly understood. Condensed milk contains too much sugar and not enough fat. None of the manufactured foods most commonly used contain sufficient fat; some contain too much starch, others too much sugar. At times some of these substitutes may be used to advantage, but none of them can take the place of mother's milk.

Cow's milk is the best available substitute for mother's milk.

Milk to be fit for infant feeding should come from healthy cows, milk from a herd is better than that from one cow, as it is less likely to vary from day to day. The milk should be handled only by healthy persons and be kept clean and free from contamination. The cows, stables and milkers should be clean, the milk should be cooled rapidly as soon as drawn and it should be transported in sterile bottles which are sealed. If certified milk can be obtained this is best for infant feeding; but milk as it is ordinarily handled should not be used for infants after it is forty-eight hours old in winter and twenty-four hours old in summer.

When the milk is received in the home it should at once be placed in the refrigerator or where it will be kept at a temperature of 50° Fahrenheit. Milk purchased in bulk should never be used for infant feeding when bottled milk can be obtained. Even if the milk is clean, fresh and cool when it is delivered at your door, or if you then kill the germs which it may contain by home pasteurization, it may

afterwards become unfit for food, especially for babies, by improper treatment. This may occur if you place it in unclean vessels, expose it unnecessarily to the air, or fail to keep it cool up to the time of using, hence the following suggestions.

Buy bottle milk, at least for your baby. Keep milk in the original bottle till needed for immediate consumption. Carefully wipe or rinse the bottle, especially the mouth, before pouring any milk from it, so that dust or dirt which may have gathered thereon or on the cap will not get into the milk. Do not pour back into the bottle milk which has been exposed to the air by being placed in other vessels. Keep the bottle covered with a paper cap as long as milk is in it and when not actually pouring from it. If the paper cap has been punctured, cover the bottle with an inverted tumbler.

#### COMPARISON OF COW'S MILK AND HUMAN MILK

	<i>Human Milk</i>	<i>Cow's Milk</i>
Water .....	87.5%	87%
Fat .....	4%	4%
Milk Sugar .....	6.7%	5%
Mineral Matter .....	0.2%	0.7%
Protein .....	1.5%	3.2%

By comparing the tables showing the composition of human and cow's milk, it will be seen that cow's milk contains more protein and mineral matter and less sugar of milk, the fat and water varying but little. The calf grows faster than the baby, therefore needs more building material. The baby, having a relatively larger surface exposed, loses more heat.

The protein of milk is composed of lactalbumin and caseinogen. Lactalbumin is soluble in water, and as there is a larger percentage of this constituent in human than in cow's milk, the former during digestion forms into succulent curds; while the latter, containing more caseinogen, forms into dense cheesy curds.

In addition to the difference in composition of human and cow's milk it must be remembered that mother's milk is fed fresh and is practically sterile, while cow's milk is generally kept twenty-four hours or longer and is to a greater or less degree contaminated by bacteria.

Cow's milk to form a typical infant food needs to be "modified" or changed so that its composition resembles as closely as possible that of the mother's milk.

Cow's milk has about half as much sugar as human milk, has nearly three times as much protein and mineral matter, and its protein and fat are different and harder to digest.

Lime water is sometimes used when the baby's digestion is disturbed to overcome the acidity of cow's milk and to lessen the consistency of the curd. There are some infants with whom it does not agree, and if used too freely it may cause constipation. One ounce of lime water to twenty ounces of food is the usual proportion.

Cow's milk is diluted to obtain the proper proportion of protein—this of course dilutes the sugar and fat also. In some cases top milk is used to increase the fat percentage and sugar is always added.

Only boiled water should be used for diluting the milk. The sugar is required to give energy; usually 3 level tablespoonfuls of milk sugar to 20 ounces of food are used. The sugar should be dissolved in the boiled water.

Cane sugar may be used in place of milk sugar, and in this case 2 tablespoonfuls to 20 ounces of food are used. Maltose, another form of sugar, is often used, it is easily digested and is useful if there is constipation. Use 3 tablespoonfuls Maltose to 20 ounces of food.

Milk usually contains about 4% of fat. We speak of this as whole milk. Top milk is the thin cream removed from the top of a bottle of milk after it has stood several hours. Seven per cent milk contains 7% fat and is obtained by removing the upper 16 ounces, or one-half, from a quart bottle.

The top milk should not be poured from the bottle, but should be removed by a small dipper known as the "Chapin dipper" which holds one ounce; or it may be taken off with a spoon.

Upper  $1\frac{1}{2}$  ounces well shaken will yield approximately 32% cream.

Upper 4 ounces well shaken will yield approximately 20% cream.

Upper 6 ounces well shaken will yield approximately 16% cream.

Upper 8 ounces well shaken will yield approximately 12% cream.

Upper 11 ounces well shaken will yield approximately 10% cream.

The lowest 8 ounces will yield practically fat free milk, the middle milk is not used.

The providing of formulas for home modifications of milk is plainly the work of the physician. He not only can recommend the best formula for the individual child, but can watch the child's growth and progress and can make any necessary changes in the food. However, for examples we give the following formulas and directions for infant feeding, quoting from Dr. Emmett Holt's book, "The Care and Feeding of Children," which we consider to be one of the most reliable sources for information on this subject.

The simplest way of modifying milk is to use whole milk in the required amounts, diluted and changed according to the directions given.

*Formulas From Whole Milk (4 percent fat) for the Early Months*

Formula	1	2	3	4	5	6	7	8	9
Milk (oz.).....	6	$6\frac{1}{2}$	7	$7\frac{1}{2}$	8	$8\frac{1}{2}$	9	$9\frac{1}{2}$	10
Sugar (oz.).....	1	1	1	1	1	1	1	$\frac{3}{4}$	$\frac{3}{4}$
Water (oz.).....	14	$13\frac{1}{2}$	13	$12\frac{1}{2}$	12	$11\frac{1}{2}$	11	$10\frac{1}{2}$	10
Flour (tablespoonfuls)...	0	0	0	0	0	0	0	$\frac{1}{2}$	1
	20	20	20	20	20	20	20	20	20

Note.—The sugar is 1 ounce by weight; this is equivalent to 3 level tablespoonfuls of milk sugar or maltose, and 2 level tablespoonfuls of granulated sugar.

## THE HOUSEKEEPER

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The flour may be barley, oat, rice or wheat flour, or arrowroot cooked for thirty minutes in part of the water in the formula. Level tablespoonfuls should be used.

Beginning at birth, Formula 1 might first be given, and strength of the food increased about once a week up to No. V, after that every two weeks until No. IX is reached.

Such a formula as No. IX will be reached by an average healthy infant at about three months of age. After this the next group of formulas may be used, but the increase should be made more slowly, about once a month up to XII, then about every two months, reaching No. XIV at about ten months. This may be continued up to twelve months.

### *Formulas from Whole Milk for the Later Months*

Formula	9	10	11	12	13	14
Milk (oz.).....	10	11	12	13	14	15
Sugar (oz.).....	$\frac{3}{4}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$
Water (oz.).....	10	9	8	7	6	5
Flour (tablespoonfuls).....	1	$1\frac{1}{2}$	$1\frac{1}{2}$	$1\frac{1}{2}$	2	3
	20	20	20	20	20	20

### *Formulas from 7 Per Cent Top Milk*

In Formula No. I use 4 ounces top milk in 20 ounces.

In Formula No. II use  $4\frac{1}{2}$  ounces top milk in 20 ounces.

In Formula No. III use 5 ounces top milk in 20 ounces.

In Formula No. IV use  $5\frac{1}{2}$  ounces top milk in 20 ounces.

In Formula No. V use 6 ounces top milk in 20 ounces.

In Formula No. VI use  $6\frac{1}{2}$  ounces top milk in 20 ounces.

In Formula No. VII use 7 ounces top milk in 20 ounces.

In Formula No. VIII use  $7\frac{1}{2}$  ounces top milk in 20 ounces.



In Formula No. IX use 8 ounces top milk in 20 ounces.

In Formula No. X use 9 ounces top milk in 20 ounces.

In Formula No. XI use  $9\frac{1}{2}$  ounces top milk in 20 ounces.

In Formula No. XII use 10 ounces top milk in 20 ounces.

In Formula No. XIII use  $10\frac{1}{2}$  ounces top milk in 20 ounces.

In Formula No. XIV use 11 ounces top milk in 20 ounces.

For the first two or three weeks it is well to use the formulas of the whole milk series and then those of the top milk series beginning with No. III. The food is increased in strength at about the same intervals in both series of formulas.

After No. XIV instead of taking the upper 16 ounces, one may take off 20, and use 12 ounces of this in 20 of food; then take off 24 and use 13 ounces of this in 20 of food; which is the same as No. XIV of the whole milk series.

The number of feedings in twenty-four hours, the quantity for a single feeding and the daily quantity are given in the following table:

*Schedule for Healthy Infants for the First Year*

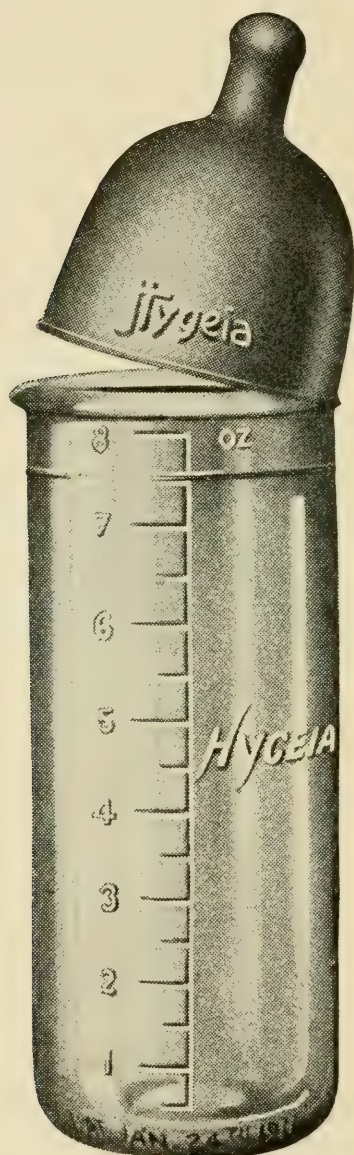
Interval between meals by day	Night Feedings (6 p.m. to 6 a.m.)	No. of Feedings in 24 hours	Quantity for one Feeding	Quantity for 24 hours
Age				
2d to 7th day.....3	2	7	1 -2	7-14
2nd and 3rd weeks...3	2	7	2 -3½	14-24
4th to 6th weeks.....3	2	7	3 -4	21-28
7th week to 3 mos....3	2	7	3½-5	25-35
3 to 5 mos.....3	1	6	4½-6	27-36
5 to 7 mos.....3	1	6	5½-6½	33-39
7 to 12 mos.....4	1	5	7 -8½	35-43

This schedule gives the averages for healthy children. The smaller quantities are those required by small children whose digestion is not very vigorous. The larger quantities are those required by large children with strong digestion; in very few cases will it be advisable to go above these figures.

### MATERIALS REQUIRED FOR MILK MIXING

It is good economy to equip yourself at the outset with a full set of proper utensils for mixing the baby's milk. You will require an eight-ounce glass graduate, a glass funnel, a cream dipper, a dozen nursing bottles, a half dozen black rubber nipples, and a bottle brush for washing out the bottles. If you buy milk in bottles and measure it in a glass graduate you will not need to use pitchers, cups, or other measures. But whatever utensils you do use for mixing the baby's food should be kept by themselves, washed separately, boiled and drained without wiping, and not put into the dish water or wiped with a dish towel in the ordinary way.

All utensils used in preparing baby food should be of glass, china, porcelain or granite-ironware. These will not rust nor present crevices for the accumulation of dirt. Never use vessels or utensils which are cracked or have rough edges or surfaces. Select nursing bottles with round bottoms and free from angles. The best bottles are marked with a scale of ounces so that the exact amount given may be measured at each feeding. It is advisable to purchase a dozen bottles because it is much more convenient to mix in the morning the food for the entire day. Put enough for each feeding in a separate bottle and then place the bottles on ice. Ten feedings will be required for small infants and it is well to have extra bottles on hand in case of breakage. Fewer bottles may be used, but no mother should attempt to get along with less than two. It is better to have plenty of bottles so that the same bottles will not have to be used too frequently.



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*Laura A. Hunt.*

Place the nursing bottles and all utensils used for preparing the baby's milk in a pan, cover them with cold water, heat to the boiling point and boil for ten minutes. This should be done once a day.

Nipples when purchased should be sterilized in boiling water for ten minutes. Wash the nipple after each feeding and keep it in a glass containing water in which boric acid is dissolved, using 1 teaspoonful boric acid to 1 pint water.

Clean the nursing bottle immediately after each feeding. First rinse with clear cold water. Wash with hot water, fill the bottle with clean boiled water and a little piece of cooking soda the size of a pea and let the water stand in the bottle until the next feeding. Never let the bottle stand with milk in it. Never try to save what is left from one feeding until the next.

### BOTTLE FEEDING

Prepare each morning enough food to last for twenty-four hours and place the required quantity for each nursing in a separate nursing bottle. Plug the bottles with baked absorbent cotton or antiseptic gauze.

Or, if you do not have enough nursing bottles, prepare enough food for twenty-four hours and place it in a clean, freshly boiled fruit jar with a glass clamp top. Do not use the screw-top jars, they are not so easy to keep clean. Do not use the rubber ring, it is hard to keep clean and is not necessary.

Use only freshly boiled water for mixing the food. Keep it until ready for use, in the same vessel in which it was boiled. Now mix the food exactly as the doctor directs, in accordance with the formula you have adopted. Always mix it exactly the same way. As soon as the food has been placed in nursing bottles or fruit jar, and stoppered properly, put these on ice or in the coolest place you can find. Work quickly and do not let the milk or prepared food stand in a warm room any longer than is necessary.

*Feeding the Baby.*—Keep the food on ice until ready for use and heat it when the baby needs it. Never let the bottle stand in a warm room with milk in it. Do not attempt to keep milk at a luke-warm temperature at night or any other time in a thermos bottle or by any other arrangement. Such a device simply acts as a incubator for germs which, at this temperature, quickly grow to enormous numbers and render the milk dangerous.

Place the nursing bottle in hot water when needed and warm the food to body heat. Do not give the baby cold milk. Do not give the baby hot milk. Make the temperature just right. Wash your hands in soap and water before adjusting the nipple. Never put the nipple in your own mouth to find out whether the milk is warm enough. Try it on your wrist, or taste a little from a spoon.

Shake the bottle before using it.

Do not feed a baby under six months of age from a cup or spoon. Sucking is the natural way by which a baby takes its food. It needs the sucking action of the lips, mouth and tongue to mix its food with the fluids of the mouth.

*Feeding Problems.*—If a bottle-fed baby does not thrive the difficulty may be that the food is too rich, or not rich enough; that the amount fed is too much, or too little; or that the food spoils before it is fed from not being kept clean and cold. The food must be kept clean and cold to be wholesome at any age. But the quality of the food, the amount to be given at each feeding, and the frequency of the feeding must be modified and adapted to the needs of the growing child. It is usual to give rules for feeding according to the age of the child, but regard must also be given to its weight in pounds.

#### HOW TO PASTEURIZE MILK

Put milk in sterile, small-mouthed glass bottles, stop with cotton batting or absorbent cotton, place bottles in wire basket, immerse in kettle of cold water, and heat water



gradually, to a temperature of from 150° to 155° Fahrenheit. Keep at same temperature thirty minutes. Remove bottles, cool quickly, and put in a cold place.

By this process almost all of the disease germs are killed; also those germs which produce souring; but the spores, which are not killed, will develop after a few days. If one is obliged to obtain milk from a doubtful source it may be necessary to resort to this method during the hot weather. The health of the child is the only guide to decide when its use may be discontinued.

FANNIE M. FARMER.

## OTHER FOODS FOR INFANTS

Keep the baby largely on milk, about 1 quart a day, until well into the second year. This is the chief secret of successful infant feeding. There is far less necessity for a mixed diet of ordinary foods than is generally supposed. No other food than properly modified milk should be given until the end of the sixth or seventh month, except on the order of a physician. The appearance of teeth at a moderately early age is simply an evidence of health. It is not an indication that the baby should be taught to eat solid food.

As a rule no solid food whatever should be given during the first year. After the seventh month, gruel made with barley, arrowroot or oatmeal may be given, beginning with very small quantities. At first four ounces of thick strained oatmeal and one-half ounce of orange juice may be added to the daily allowance of food. The quantity of gruel may be gradually increased as the child grows older. The addition of a pinch of salt will make the food more palatable, and it is essential that the cereal be thoroughly cooked. For oatmeal, cooking three hours in a double boiler is not too long and over night cooking is preferable.

After the ninth month pure whole milk may be allowed in some cases and the child may have a crust of bread, or a small piece of zwieback. An egg yolk or a soft cooked egg may be given when the baby is about one year old.





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During the second year milk is the chief article of diet, and the following foods may be given: well-cooked cereals (first strained but later unstrained), fruit juice, egg yolk, stale bread, and vegetable pulp.

Throughout the whole period of infancy, food other than milk should be selected and prepared with care and given in moderation. During the second year children are almost invariably overfed.

### DIET OF OLDER CHILDREN

Milk should continue to be an important article of diet even to the age of ten years. The simple well cooked foods are best for children and a larger variety of foods being given until the range of food materials for the twelve year old child available is practically the same as for the adult with the exception, of course, of rich pastry, preserves, and fried foods.

### CONTAGIOUS DISEASES OF CHILDREN

Mothers, and other persons in immediate charge of small children should be constantly upon the look-out for symptoms of communicable diseases and other common conditions requiring medical attention.

Never expose children to any contagious disease in order that they may have it at once and be over it. Even the so-called simple children's diseases, as whooping cough and measles have a high death rate. Young children contract these diseases readily while the normal adult is not so easily susceptible to them.

### SCARLET FEVER

Scarlet fever is highly contagious, but, like other germ diseases, is wholly preventable. It is, or should be, among the most dreaded of all the acute diseases of childhood. It attacks chiefly children between the ages of one and ten

years, although about five per cent of all cases occur in adult life. After childhood the liability to take the disease is very much lessened. Many persons who escape the disease in childhood have been immune to it, although many times exposed in later life.

### SYMPTOMS

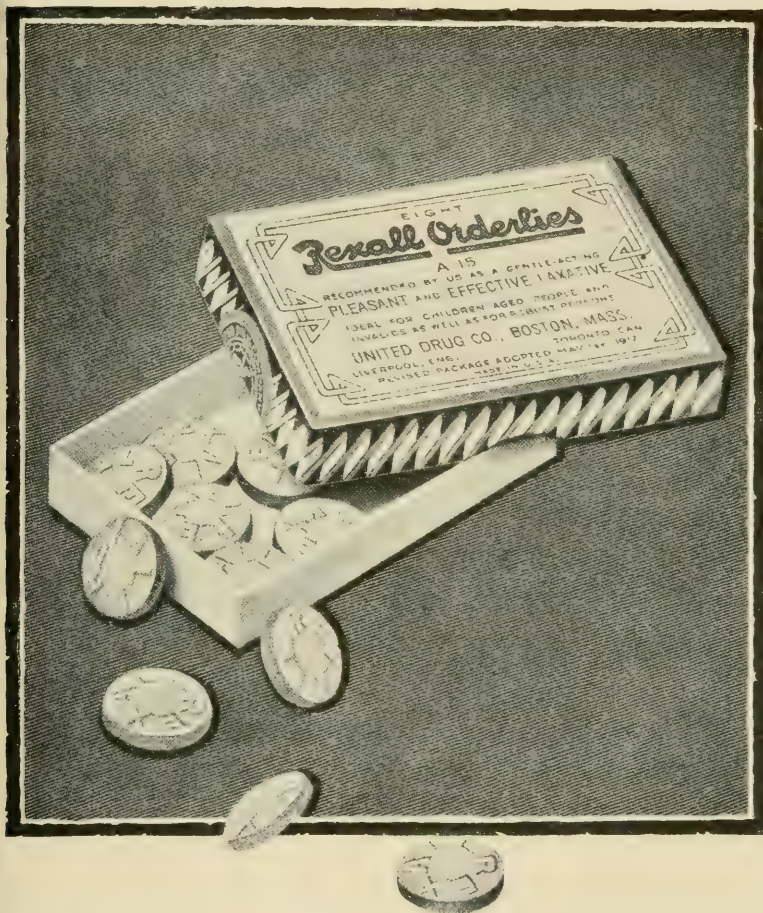
The period of incubation after exposure varies from one to fourteen days. Hence a child exposed to scarlet fever should be carefully watched during the following two weeks. Upon the first symptoms of shivering, lassitude, headache, rapid pulse, hot, dry skin, flushed face, coated tongue with much thirst and loss of appetite, the patient should be isolated until a positive diagnosis can be made by a physician.

Vomiting is usually among the first positive symptoms. Other symptoms are sore throat, intense fever with headache or backache, and the characteristic scarlet rash. This usually appears in from twelve to twenty-four hours, first upon the lower part of the neck and adjacent parts of the chest and afterwards gradually spreading over the entire body.

The chief danger from contact infection is from scales from the skin, the spittle from the throat and mouth and the nose and ear discharges. But all the discharges of the patient should be disinfected.

### MEASLES

Measles is the most contagious eruptive disease of childhood. It is probably a germ disease. German measles is not a form of measles nor is it a mild type of scarlet fever, it is a distinct disease. Measles may occur at any time during the year, but it is most prevalent in the fall and winter months.



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## SYMPTOMS

The period of incubation is from ten to fourteen days after exposure. The symptoms for the first two days are very much like those of an ordinary cold in the head. The eyes become red and watery and are sensitive to light. The nose is stopped up or there is a discharge from the nose, with sneezing. The throat is sore, and there is a dry, hard, cough. The tonsils may be swollen or red, headache, fever, loss of appetite, drowsiness and irritability are usually observed.

The characteristic skin eruption appears on the fourth day on the face and neck and thence over the whole body, as dull red blotches a little raised, and later running together. It gives the skin a peculiar appearance. Before this occurs one cannot be positive that the case is one of measles.

The danger from measles is chiefly due to complication with other diseases such as whooping cough and bronchial pneumonia.

*Modes of Infection.*—Measles is contagious from the beginning of the symptoms usually three or four days before the eruption occurs. It is during this first stage of the disease, when the symptoms can hardly be distinguished from those of an ordinary cold in the head, that the disease is most often communicated. The disease is usually conveyed to others by the discharge of the nose and throat.

## MUMPS

Mumps is a glandular swelling in the angle between the jaw and the ear. It is a highly contagious but wholly unnecessary and preventable disease. It chiefly affects children, but may attack older persons who have not become immune from having had the disease in childhood. It usually develops in from two to three weeks after exposure.



### WHOOPIING COUGH

This is a contagious disease characterized by severe inflammation of the bronchial tubes and accompanied by a peculiar cough ending in the familiar "whoop." It has all the characteristics of a germ disease. Persons of all ages are liable to the attacks of this malady. Children should never be knowingly exposed to whooping cough and great care should be taken to protect children under five years of age from infection. After this period the likelihood of infection is much lessened and the danger of death from this disease is practically over. Many persons escape this malady altogether.



## BUSTER BROWN SHOES



Natural shape, best for growing children

You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XXXVIII

### FOOD FOR YOUNG CHILDREN\*

(*Caroline L. Hunt.*)

A little child who is carefully fed in accordance with his bodily needs (as these are now understood) receives every day at least one food from each of the following groups:

1. Milk and dishes made chiefly of milk (most important of the group as regards children's diet); meat, fish, poultry, eggs, and meat substitutes.
2. Bread and other cereal foods.
3. Butter and other wholesome fats.
4. Vegetables and fruits.
5. Simple sweets.

### BREAKFAST

Baked apple (pulp and juice only for the youngest children and for those with whom the skin disagrees) (group 4); cereal mush (group 2); milk (group 1); toast and butter (groups 2 and 3).

### DINNER

Lamb chop (group 1); baked potato (group 4); spinach (finely chopped for youngest children) (group 4); bread and butter (groups 2 and 3); rice with milk and sugar (groups 1, 2, and 5).

(\* Farmers' Bulletin No. 717, "Food for Young Children.")

### SUPPER

Milk (group 1); bread (group 2); stewed prunes (pulp and juice only for youngest children) (group 4); plain cookies (omit in case of youngest children) (group 5).

In these meals (breakfast, dinner, and supper) each of the groups is represented by a food which is suitable for a little child, each food being numbered to indicate the group to which it belongs. The purpose is to show a day's ration containing enough different kinds of foods to meet all the child's needs.

Many other meals might have been given, for there is no food in the menus, except milk, which could not have been replaced by some other wholesome food. Milk, if it can be procured, should form part of the food of every child, except when for some special reason the doctor objects, and this he seldom does.

As to the amounts that should be served, a good rule is to provide three or four glasses ( $1\frac{1}{2}$  pints to 1 quart) of milk a day; an egg or its equivalent in moderately fat meat, fish, poultry, or meat substitute; fruit and vegetables each once a day; 1 to 2 ounces of butter or other wholesome fat; and all the bread or other cereal food the child will eat. One or two ounces of sugar, candy, or other sweet (including the sugar used in cooking) may also be allowed, if this does not prevent eating the other foods mentioned.

The foods shown in the menus are simple and simply cooked, but are the kind liked by most healthy children. The service should be orderly and neat in every way. This is important because it helps to form neat and orderly habits.

The following bills of fare, like those in the menus, are simple, easy to prepare, sufficiently varied, and, if well prepared, should taste good. They are so planned that milk and another food from group 1 and a food from each of the other groups will be served at least once a day.

SUGGESTED BILLS OF FARE

**BREAKFAST**

Orange (juice only for the youngest children).

Farina with milk.

Bread and butter.

Apple sauce.

Oatmeal with milk.

Toast and butter.

Baked pears (pulp and juice only for the youngest children).

Milk toast.

Cocoa.

Stewed prunes (pulp and juice only for the youngest children).

Corn-meal mush and milk.

Toast and butter.

Grape fruit (juice only for the youngest children).

Milk toast with grated yolk of hard-boiled egg.

Apple (scraped for very little children).

Toast.

Hot milk.

In each case enough milk should be given to make up the required daily amount, which is about a quart.

**DINNER**

Meat soup.

Egg on toast.

String beans.

Rice pudding.

Roast beef.  
Baked potato.  
Asparagus.  
Bread and jelly.

Lamb stew with carrots and potato.  
Twice-baked bread.  
Tapioca custard.  
  
Creamed potatoes.  
Green peas.  
Stewed plums with thin cereal-milk pudding.

Baked halibut.  
Boiled potatoes.  
Stewed celery.  
Boiled rice with honey or sirup.

Broiled meat cakes.  
Grits.  
Creamed carrots.  
Bread, butter, and sugar sandwiches.

In each case enough milk should be given to make up the required daily amount, which is about a quart.

#### SUPPER

Baked potatoes served with cream and salt, or with milk gravy.  
Cookies.

Bread and milk.  
Apple sauce.  
Sponge cake.

Potato-milk soup.  
Twice-baked bread.  
Marmalade sandwiches.

Graham crackers and milk.  
Baked custard.

Milk toast.  
Stewed peaches.  
Cup cake.

Celery-milk soup.  
Toast.  
Floating island.

In each case enough milk should be given to make up the required daily amount, which is about a quart.

Though all the foods mentioned in the bills of fare may be included under five heads, the diet need not be monotonous, for many foods come under each class. The different groups are described in the pages that follow.

**FOOD GROUP NO. 1.—MILK AND DISHES MADE CHIEFLY FROM IT; FISH, POULTRY, EGGS, AND MEAT SUBSTITUTES.**

The different foods mentioned in the heading of this group have enough in common to warrant bringing them together. However, milk is such an important food for children that it is desirable to speak of it by itself.

### **MILK SERVED IN VARIOUS WAYS**

Milk is the natural food of babies and the most important food for young children. A quart of milk a day is a good allowance for a child. The greater part of this is usually given as a drink or served on cereals or in the form of bread and milk. Milk may also be served on fruits that are not very acid (baked apples or pears, berries, and



others), in soups, gravies, custard, junket, and other puddings, and may be used in place of water in cooking cereals.

Milk, being a liquid, is sometimes classed with water, tea, and coffee, simply as a beverage, by those who do not understand its value as food. This is a great mistake. If all the water were to be driven off from a quart of tea or coffee, almost nothing would be left, and the little that remained would have little or no value as food. If, on the other hand, the water were driven off from a quart of whole milk, there would be left about half a cupful of the very best food substances, including butter fat, a kind of sugar not so sweet as granulated sugar and known as "milk sugar," and also materials which are needed to make muscles, bones, teeth, and other parts of the body. All these valuable food substances are ordinarily either dissolved or floating in the water of milk.

Besides all this nourishment, milk contains a very small amount of a substance or substances now thought to help the body of the child to make good use of other foods. For this reason milk is often called "growth promoting." Apparently nothing can serve so well as the basis for the diet of the healthy child.

Good whole milk is desirable, but if a mother is obliged to choose between clean milk and rich milk, she had better take the clean milk. Best of all, of course, is clean whole milk, but if that cannot be obtained it is better to use clean fresh skim milk than dirty or questionable whole milk. A quart of skim milk, even separator skim milk, contains about a third of a cupful of solid food, which is nearly all there was in the whole milk, except the butter fat.

When it is absolutely impossible to get fresh milk, condensed, powdered, or evaporated milk may be used, but before doing this parents should try in every way to get fresh milk for their children.

Compared with most other foods milk contains much lime but very little iron. Spinach and other green vegetables and egg yolks are, on the other hand, very rich in

iron. This is one reason why combinations of egg yolks and milk and of vegetables and milk are mentioned so often.

When milk is given to babies the chill is usually taken from it. It is safe to do this for all young children. When milk is used as a drink it should be sipped, not gulped down.

Besides being served as a beverage, milk is often combined with many other foods, as follows:

### BREAD AND MILK

This may well be the chief, if not the only, dish in the supper of little children. If the milk is not very rich, the bread should be spread with butter. Use well-baked bread, at least a day old, or toast, or occasionally crackers.

### CEREALS AND MILK

Thoroughly cooked cereals served once a day for the first course and once a day for dessert encourage the use of milk. Any cereal may be cooked in milk besides being served with it. Skim milk which might otherwise be thrown away may be used for the purpose. Rice, cooked in an uncovered double boiler, or in a pan in a very slow oven, can be made to absorb about six times its volume of skim milk. To cook a cupful of rice in this way instead of in water may be considered equivalent, so far as tissue-forming qualities are concerned, to serving it with half a pound of lean beef.

### MILK TOAST

The following is a good method for making milk toast. Put on the table hot crisp toast or twice baked bread and a pitcher of hot milk, slightly salted. One-fourth teaspoonful of salt to a cupful of milk is sufficient. Pour the milk over the toast as needed, using hot bowls or deep saucers for serving. This is the easiest way of serving milk toast, and, if care is taken to have all the dishes hot and to salt

the milk, it is usually acceptable. A supply of twice-baked bread can be kept on hand and heated as needed to crisp it.

Another way to make milk toast is to thicken milk and pour it over toast. For one cupful of milk allow one and one-half level teaspoonfuls of flour and one-fourth teaspoonful of salt. Make a smooth paste out of the flour, salt, and a little of the milk. Heat the rest of the milk, add the flour and milk mixture and boil for about five minutes, stirring constantly, or cook twenty minutes in a double boiler, stirring constantly at first and frequently later on. If skim milk is used, a level teaspoonful of butter or bacon fat should be added after the gravy is prepared.

An easier and quicker method of making the sauce or "milk gravy" is to cook the flour thoroughly in a tablespoonful of fat before adding the milk. This, however, is not thought to be so wholesome as the kind of gravy in which the flour is cooked in the milk.

Milk gravy may be combined with dried beef or salt cod-fish which has been cut into small pieces and soaked in warm water, or with small pieces of tender meat, chicken, fish, or vegetables. Such gravy may be served with toast, with baked or boiled potatoes, or with boiled rice or other cereals. Dishes of this kind are more suitable for dinner than for supper.

Milk toast with the yolk of a hard-boiled egg grated over it makes an attractive dish. The whites of the hard-cooked eggs are not suitable for a young child nor for any child unless they are finely chopped or unless the child can be made to chew them well.

### COCOA

For variety, milk flavored with cocoa may be served. Prepared cocoa is the most convenient, but cracked cocoa shells or nibs, which require long boiling, may be used. A warm drink, made chiefly of cocoa and water, is not to be

confused with the more nourishing drink made by flavoring milk with cocoa, but it has its uses. Like clear soups, which contain little food in themselves, it may lead the child to eat freely of bread and other needed foods.

### MILK SOUPS

Another good way to serve milk to children is in soups. Milk-vegetable soups are made from cooked vegetables, chopped or strained, which in this form may be given to even the youngest children, and milk (whole or skim) slightly thickened. The vegetable may be asparagus, peas, beans of various kinds, celery, potatoes, turnips, carrots, spinach, kale, chard, beet roots or greens, parsnips, lettuce, cress, cauliflower, or almost any other.

### GENERAL RECIPE FOR MILK-VEGETABLE SOUPS

2 cupfuls of milk.

1 tablespoonful of flour.

**1** tablespoonful of butter.

Salt.

$\frac{2}{3}$  a cupful of a thoroughly cooked vegetable, finely chopped, mashed, or put through a sieve.

Thicken the milk with the flour as for milk gravy, add the other ingredients. If the soup is too thick, as it may be if the vegetable is starchy, thin it with milk or water. Milk tomato soup is not recommended for the youngest children. When it is served a little soda should be added to prevent the milk from curdling.

### MILK STEW

1 quart of milk.

1 cupful raw potatoes cut into small pieces.

2 tablespoonfuls of butter or bacon fat.

1 cupful of codfish cut into small pieces or just enough to flavor the stew.

Soak the fish in lukewarm water until it is soft and the salt removed. Cook the potatoes in water until tender, drain them, add the milk and codfish, and bring to the boiling point; add the butter, and salt to taste.

In place of the codfish any other salt or fresh fish, oysters or a little chipped beef may be used. Or the fish may be omitted and the soup made savory and palatable by adding a few drops of onion juice, or a vegetable cut into small pieces and cooked thoroughly.

### CEREAL-MILK PUDDINGS

Puddings made with milk and bread, rice, or some other cereal food, have long been recognized as desirable in the child's diet.

Such milk puddings as old-fashioned rice or Indian pudding may be the means of serving much milk in a wholesome way. From the following recipe for rice pudding other recipes can be easily made, the proportions in all cases being about the same:

#### RICE PUDDING

1 quart of milk.

$\frac{1}{2}$  cupful of rice.

$\frac{1}{2}$  cupful of sugar.

$\frac{1}{2}$  teaspoonful of salt.

$\frac{1}{8}$  teaspoonful of ground nutmeg, or cinnamon, or the grated rind of  $\frac{1}{4}$  of a lemon.

Wash the rice thoroughly, mix the ingredients, and bake three hours or more in a very slow oven, stirring occasionally at first.

#### GENERAL RECIPE FOR CEREAL-MILK PUDDINGS

For a quart of milk allow one-third of a cupful of any coarse cereal (rice, corn meal, cracked wheat, oatmeal, or barley) and one-third of a cupful of brown, white, or maple sugar, syrup, honey, or molasses; one-half teaspoonful of

salt; one-eighth teaspoonful of spice. The flavoring may be omitted when honey or molasses is used.

The above recipe makes quite a large pudding. It is often convenient to make a smaller one, and enough for a child's dinner can be made in the double boiler, allowing two level or one rounding tablespoonfuls each of cereal and of sugar (or other sweet) to a cupful of salted and flavored milk. Cook an hour or more without covering.

These puddings, if made thin, may be poured over stewed prunes or other cooked fruits, and are a good and economical substitute for the cream or soft custard usually used for that purpose.

### CUSTARD AND OTHER MILK PUDDINGS

There are many other milk dishes which are used in the same way as this milk and cereal pudding. Recipes for some of them follow :

Junket, or "rennet custard," is milk that has been coagulated or curdled, a process not unlike one of the steps in digestion. The curdling is brought about by the addition of "junket tablets" to the milk. Milk containing rennet will, if not disturbed, "set" in one piece resembling a custard. Junket differs little from milk in food value except for the presence of the sugar used for flavoring, but it gives variety to the diet. If served very cold it is refreshing in warm weather.

### JUNKET

2 cupfuls of milk.

$\frac{1}{4}$  cupful sugar, honey, or syrup.

1 junket tablet.

$\frac{1}{8}$  teaspoonful of salt.

A few grains of nutmeg or cinnamon.

Warm the milk to about the temperature of the body, crush the tablet, and add it with the other ingredients to



the milk. Pour into one large or several small dishes and place in a warm (not hot) place to harden. Cool before serving.

### BOILED CUSTARD

3 egg yolks.

2 cupfuls of milk.

$\frac{1}{4}$  cupful of sugar, honey, or syrup.

$\frac{1}{8}$  teaspoonful of salt.

Flavoring.

Heat the milk in a double boiler. Thoroughly mix the eggs and sugar and pour the milk over them. Return the mixture to the double boiler and heat it until it thickens, stirring constantly. Cool and flavor. If the custard curdles remove it from the fire and beat with a Dover egg beater. This custard may be served in place of cream on many kinds of dessert.

### FLOATING ISLAND

In this dish the whites of eggs left over from boiled custard can be used to serve with it. Beat the whites until stiff, sweeten them a little, and cook them in a covered dish over water which is hot but not boiling, or cook them on top of the hot milk which is to be used in making custard. Lift them out with a wire egg beater or split spoon, and place on top of the custard. Decorate with small bits of jelly.

### TAPIOCA CUSTARD

Tapioca custards may be made as follows: Add to the list of ingredients for boiled custard one-fourth cupful of pearl tapioca. Soak the tapioca in water for an hour or two, drain it, and cook in the milk until it is transparent. Proceed as for boiled custard.

### BAKED CUSTARD

In making allow one egg and two level teaspoonfuls of sugar and a few grains of salt and of nutmeg for each cupful of milk. Beat the eggs slightly and add the other ingredients. Bake in cups set in a pan of water in a moderate oven.

### SIMPLE ICE CREAMS

In the way they are used, ice creams and frozen custard may be grouped with the puddings. Plain ice cream made out of thin cream, sweetened and flavored, or out of cream and custard mixed, may be given to children occasionally.

A good ice cream may be made as follows: Allow one-fourth cupful of sugar to each cupful of thin cream (half milk and half cream); flavor and freeze.

A frozen custard, commonly called by housekeepers "ice cream" or "French ice cream," which contains eggs as well as milk and cream, may be made as follows: For each half cupful of milk allow one-fourth cupful of sugar, one or two egg yolks or one whole egg, and a half cupful of cream. Make a custard out of all the ingredients but the cream. When it is cool, flavor it, add the cream, and freeze.

### CARAMEL FLAVORING FOR USE IN CUSTARDS, ICE CREAMS, AND OTHER DESSERTS

An economical flavoring for any of the above desserts may be made by browning or caramelizing ordinary sugar. To each cupful of sugar add one-fourth of a cupful of water. Heat until well browned, stirring constantly, even after the dish has been taken from the fire, and until the danger of burning in the hot dish is passed. Before the mixture hardens, add hot water and cook until it is about the consistency of thick syrup. Bottle and save for use as needed.

### MEAT, FISH, POULTRY, EGGS, AND MEAT SUBSTITUTES

The other foods included in group one with milk (considered by far the most important of them all for children) are meat, fish, poultry, eggs, and meat substitutes.

In some families children do not get enough meat and eggs; in others they get too much. A good general rule commonly followed is to give a child two years old or over, an egg every other day and about the same amount (2 ounces) of meat, fish, or poultry on the days that come between. If for any reason meat is omitted from the child's diet special care must be taken to see that other suitable foods take its place—preferably an extra amount of milk or eggs.

Broiling or roasting are the best methods of preparing tender meat. Tough meat should be stewed or prepared in a fireless cooker, or first chopped and then broiled.

It is important to teach children to chew meat and other foods properly.

Fried meats, particularly those which are pan fried or cooked in a small amount of fat, should not be given to young children. One reason for this is that they are likely to be overcooked and tough, at least on the outside, and are likely not to be properly chewed and to be swallowed in large pieces. Another reason is that the fat used in frying and also that which tries out of the meat is likely to be scorched and changed in composition. When this is the case, it is almost certain to be harmful.

Some recipes for cooking meat for children follow:

#### BROILED CHOPPED MEAT

Many cuts of meat too tough to be broiled whole may be prepared very satisfactorily by being chopped, salted, and broiled. Allow about one-half teaspoonful of salt to a pound of meat. For very little children the meat should be scraped instead of being chopped, for in this way the connective tissue is taken out. An egg or a little milk may also be added. The most important point is careful handling,

for if the meat is pressed together it becomes tough and hard. If a wire broiler is used, the cakes should not be squeezed between the two sides; to avoid this, lay them on top of the broiler and turn them with a knife and fork.

### MEAT STEWS

Stews made out of meat and vegetables offer a very great variety of dishes, good in themselves and good also because they encourage the eating of bread. The meat used should, of course, be in good condition but need not be from a tender cut. The lower-priced cuts may be used with good results, provided they are made tender by long, slow cooking. Any vegetable may be added, including the tougher parts of lettuce and the leaves of celery. Rice, barley, macaroni, or even crusts of stale bread may be used in the stew to give variety. A stew containing a little meat, with one or more vegetables and a cereal, comes near to supplying all the needed foods, other than milk.

### MEAT STEW

2 pounds of one of the cheaper cuts of beef.

4 cups of potatoes cut into small pieces.

2-3 cupful each of turnips and carrots cut into half-inch cubes.

$\frac{1}{2}$  onion, chopped.

$\frac{1}{4}$  cupful of flour.

Salt.

Cut the meat into small pieces, cover with boiling water, boil for five minutes, and then cook at a lower temperature until the meat is tender. This will require about three hours on the stove or five hours in the fireless cooker. Add the carrots, turnips, and onions, and salt during the last hour of cooking, and the potatoes twenty minutes before serving. Thicken with the flour diluted with cold water. If the dish is made in the fireless cooker, the mixture must be reheated when the vegetables are put in.

There is much to be said in favor of keeping a soup pot on the stove all the time, provided great care is taken not to allow the contents to grow stale. Into this pot can go clean portions of uncooked food and also clean foods left from the table, such as meat, milk, mashed potatoes, or other vegetables, crusts, cold cereal mushes, and even fruits. Soups made from such materials may not have great nutritive value, but, like those made out of materials bought for the purpose, they encourage the use of a large amount of bread, particularly if carefully seasoned.

### POULTRY

Chicken or turkey can be used for variety in a child's diet and are palatable stewed and served with rice. If roast chicken is used, select portions which are tender. It is well not to give a young child either highly seasoned stuffing (dressing) or rich gravy.

### FISH

The use of cured fish, fresh fish, and oysters in stews has been spoken of above. Boiled or stewed fish is also good for variety.

### EGGS

Eggs are especially useful food for young children. The chief point to remember in preparing them for children is that they must not be overcooked or they are likely to cause indigestion, as experience has shown. Every one knows how the heat of cooking hardens the egg, and it is easy to understand why the digestive juices might have difficulty in penetrating such hard substance as the white of a hard-boiled egg. Overcooked yolks are also thought to be hard to digest. However, when eggs are cooked in the shell, the heat reaches the white before it does the yolk, and so there is more danger of the white being overcooked

than of the yolk. The best ways of serving eggs for children are poached, soft-boiled, or coddled, though they may be scrambled for a change if one is careful not to scorch the fat used or to overcook the egg.

### **CODDLED EGGS**

Many means have been suggested for cooking eggs in such a way that the yolks will be cooked and the whites will not be overcooked. One of the most satisfactory is by coddling and is done as follows: Allow a cupful of water to each egg, bring the water to the boiling point, remove it from the fire, put in the eggs, cover the dish closely, and leave the eggs in the water for about seven minutes. There is some uncertainty about this method, for eggs differ in weight and also in temperature at the time the cooking begins. On the whole, however, this method can be more depended on than others. Good results can be obtained by pouring hot water over eggs, if the same dish with the same amount of water is always used, but each cook must make her own rules.

### **MEAT SUBSTITUTES**

Milk and eggs, as stated above, are common meat substitutes. Among vegetable foods, dried beans, peas, lentils, and cowpeas, which are often classed together and called legumes, are the best substitutes for meat in the diet of older people, chiefly because they have large amounts of nitrogen needed for muscle building. In this respect they have some advantage, though not a great one, over cereals. Beans and the other legumes are not to be recommended for young children except when milk, meat, eggs, fish, and poultry are not to be obtained. When used they should be cooked until they are reduced to a mush. Since the skins are likely to be tough, it is well to put the cooked legumes through a sieve.



A general recipe for soups made from beans, peas, lentils, cowpeas, and other legumes follows:

### **SOUP FROM DRIED BEANS OR OTHER LEGUMES**

- 1 cup dried legumes.
- 1 quart of water or soup stock.
- 2 tablespoonfuls of butter or savory fat.
- 2 tablespoonfuls of flour.
- Salt and other flavoring.

Soak the dried legumes in water overnight. Drain, add the water or stock, cook slowly on top of the stove for three hours or in fireless cooker for four or five hours, or until tender. Renew the water as it boils away. Strain and thicken with the fat and flour rubbed together. These soups may be flavored in many ways. Sometimes a tomato, onion, a few celery tops, a sprig of parsley, or mixture of vegetables is boiled with the beans or peas, or just before serving a few drops of onion juice, a little celery salt, or one-fourth level teaspoonful of curry powder is added. Sometimes the water used is that in which ham or other meat has been boiled, but in such cases care must be taken not to have the liquid too fatty.

### **FOOD GROUP No. 2—BREAD AND OTHER CEREAL FOODS**

Cereal foods of some sort are used by children practically all over the world. Bread is the commonest cereal food in this country, though cereal mushes are also very generally used. Well-baked bread and thoroughly cooked breakfast cereals are both good for children and with milk should make up a large part of the diet. These two foods, bread and breakfast cereals, provide almost the same kind of nourishment. Bread may therefore take the place, to a certain extent, of cereal mushes, and cereal mushes may take the place of bread, but neither can take the place of milk, meat, eggs, fruit, and vegetables.

An ordinary slice of bread (a  $\frac{3}{4}$ -inch slice cut from an ordinary loaf,) is equal in food value to about half a cupful of boiled or steamed cereal and to about a cupful of puffed or flaked cereal. The mother who must feed her child very economically should calculate the cost of each and decide which is the cheapest.

The relation of food to the condition of the bowels is an important matter. Grains, particularly those containing the outer or branny layers or coats, are laxative; so, too, are such, mildly acid fruits as apples, oranges and grapefruit. So far, therefore, as the important matter of preventing constipation is concerned, coarse grains and mildly acid fruits serve the same purpose. When fruits are to be obtained in abundance, the kind of cereal served is not of great importance. When they are not, the coarser cereals should be used. In the case of both cereals and fruits, it is possible to overdo. Sometimes the coarser parts, such as bran and skin, do not agree with the child and, under these circumstances, they should be removed from the food before it is served. Some mothers find it necessary to strain oatmeal porridge, for example, and to remove the skins of apples.

### BREAD

The yeast-raised bread given to young children should be at least a day old or should be toasted or twice baked. Most hot breads are likely to be swallowed in large pieces and are therefore not desirable. Hot breads which are almost all crust, like thin tea biscuits or crisp rolls, are least likely to cause trouble.

### MILK TOAST

This very common bread dish has been discussed under milk.

### **TWICE-BAKED BREAD**

Bread cut or torn into small pieces and heated in a very slow oven until thoroughly dried and very delicately browned is good food for children. The warming oven of a coal stove is about hot enough for the purpose. In the case of gas ovens it is often difficult to get the gas low enough without having the door open a little way. The advantage of tearing instead of cutting the bread is that it makes it lighter in texture and easier to eat. The crust can be torn off from all but the ends of the loaf of bread in one piece. This crust should be torn into pieces, about two inches wide. The inside of an ordinary loaf of bread will make sixteen pieces of convenient size.

Tear first across the loaf and then tear each half into eight pieces. It is usually necessary to make a small cut first in order to start the tearing. It is well to keep the crusts separate, as otherwise they are likely to get too brown. Such bread will need to be reheated before serving unless it is kept in a warm place, like a warming oven.

The above is also a good way to use stale bread. Some people crush it and use it with milk as a breakfast food.

### **BREAKFAST CEREALS**

Cereal mushes and other breakfast cereals are very common foods. Almost all of the well-known grains are used for this purpose, and there are many such products, owing to differences in manufacture.

Except when used for dessert, cereal mushes and ready-to-eat cereals should be served with milk and with very little, if any, sugar. If the cereals are heavily sweetened, children are likely to eat so much that they neglect other and much-needed foods. If carefully salted, mushes are more likely to satisfy the taste without sugar than otherwise. Well-cooked cereals with milk or stewed fruit or a little molasses, syrup, honey, or sugar make good desserts

for dinner, lunch, or supper. If preferred, dried fruits, like dates and raisins, may be cooked with the cereal to sweeten it and to give flavor.

### COOKING CEREAL BREAKFAST FOODS

It is hard to give general rules for cooking cereals, for there are so many kinds, but it is safe to say that there is no danger of overcooking and much danger of undercooking them. Some grains need longer cooking than others—corn meal, for example, needs at least three hours and rice hardly more than half an hour. In general, whole grains, like whole wheat, or grains more or less finely broken, like cracked wheat, require longer cooking (three hours at least) than more finely ground grains, such as farina (which should be cooked one hour at least.) Breakfast foods made from grains with the outer coverings left on require more cooking than those with the outer covering removed—whole barley, for example, more than pearl barley.

Many cereal foods, particularly the rolled and flaked types, have been partially cooked at the factory. These require less cooking in the home than those which have had no such treatment; but if they are to be served to children such cereals should be cooked at home for at least an hour. There are also cereal breakfast foods which have been still more thoroughly cooked at the factory, either by parching in addition to flaking or by some other special method. These are improved by putting them into the oven long enough at least to crisp them.

Oatmeal, corn meal, and many other granular cereals can be put directly into cold water and cooked satisfactorily in a double boiler without stirring, the method being particularly good in the case of corn meal, which is likely to be lumpy if stirred into hot water. A convenient method for cooking cereals is to mix with the usual quantity of water, bring to the boiling point, boil for three or four minutes, and then put into the fireless cooker and leave ten or twelve

hours. Porridge or mush made in this way must be reheated before serving.

The quantity of water required differs with the cereal. A cupful of rolled oats requires at least two cupfuls of water, oatmeal or corn meal, four cupfuls; and rice, three cupfuls.

A level teaspoonful of salt to a cupful of cereal will usually be right, but it is well to experiment a little with an unfamiliar cereal, since failure to salt mushes properly very often leads children to dislike them.

### **FOOD GROUP No. 3—BUTTER, CREAM, TABLE OIL, AND OTHER FATTY FOODS**

Fat is an important part of the food of children. This is not surprising for it is found in considerable amounts in human milk, the natural food for babies. Butter, which consists chiefly of separated milk fat, and cream, which is rich in milk fat and also in the other nourishing substances of milk, are both wholesome. Salad oils of various kinds (olive, cotton-seed, peanut, and others) may be given to children in small amounts. Those who are not used to table oil must often be trained to like it. This can usually be done by introducing it very gradually into the diet.

A good way to serve it is on spinach and other greens or on tender salad vegetables.

There is more than an ounce of fat (at least  $2\frac{1}{2}$  level tablespoonfuls) in a quart of whole milk. If the healthy child is given a quart of milk, has butter on its bread, and meat or an egg once a day, he gets enough fat and that which he receives is in wholesome form. It is well, therefore, not to give such fatty foods as pastry, fried meats and vegetables, and doughnuts or rich cakes, for in these the fats are not in so good a form for children, as experience has shown. If the child is constipated, the occasional use of cream or salad oil is desirable, for fat in abundance is laxative.



Bacon or salt pork, cut very thin and carefully cooked, may be given occasionally, but thick pieces with much lean are not desirable. In preparing bacon or salt pork it is very important not to burn the fat. To avoid this they should be cooked in one of the following ways: Put the slices on a broiler or wire frame over a pan; place the pan in a hot oven and cook long enough to remove most of the fat. Or keep a pan on purpose for cooking bacon on top of the stove and let the fat which fries out of it collect in the pan, taking care that none is burned. In time so much fat will collect that bacon can be dropped into this hot fat and will be less likely to burn than if placed on a hot pan.

### FOOD GROUP No. 4—VEGETABLES AND FRUITS

Two very valuable kinds of food are here grouped together, namely, vegetables and fruits. This is done because they are similar in that both kinds supply iron, lime and other mineral matter to the body, and also mild acids (not always in such amounts that one can taste them), such as those which are found in oranges, apples, and tomatoes.

Vegetables are an important but often a neglected part of a child's diet. They should be served at least once a day, as they help to keep the bowels in good condition. Several of the ways of accustoming the child to the taste of unfamiliar vegetables have already been suggested here. They may be used as flavoring for meats and stews, may be added to milk or meat stews, or served with meat gravy. If gravy is used, it should not be too fat nor made with scorched fat.

Young children may be given the young and tender parts of celery and lettuce, a satisfactory way of serving being in the form of sandwiches. For this purpose they should be slightly salted and the celery should be chopped or cut into small pieces.

All vegetables, whether served raw or cooked, should be washed with great care. Large vegetables like potatoes and



carrots should be scrubbed with a brush. Greens should be washed leaf by leaf under running water, or in a large amount of water. In the latter any sand which clings to them is likely to sink. To prevent it from again getting on the vegetables lift them from the water instead of pouring the water off.

Most vegetables when served as a separate dish should be either steamed, boiled, baked, or stewed. If the supply of fresh vegetables is not generous, the juice in which they are cooked should be used with them as far as possible, or put into soups or stews.

Experience has shown that vegetables, particularly green vegetables are at their best when cooked until tender, but not until completely wilted. Spinach requires cooking from twenty to thirty minutes.

Vegetables should be served either quite simply or with a little milk, cream, or butter, to improve or vary the flavor. As said before, oil may be served on greens instead of butter. These simple methods are better than complicated ones like frying or scalloping. For the smallest children such vegetables as greens should be finely chopped, and if the tougher portions of other vegetables, the skins of green peas, for example, are found to disagree with a child, these portions should be removed by putting the cooked vegetable through a sieve. No such vegetables as raw radishes or cucumbers, which might easily be swallowed in large pieces, should be given to small children.

Fruits, which with vegetables make up group 4, are also very important in the child's diet. They supply mild acids, and they are important for their flavor, for their laxative effects, and no doubt for other reasons also. The laxative effect is well recognized in the very general use of orange juice, prunes and apples. Then, too, the fruits, like the vegetables, have mineral elements which the body requires.

Fruits should be served in some forms at least once a day. In general, the same rule should be followed as for

vegetables in deciding in what form they should be served. Fruit juices and the pulp of cooked fruit, baked apples and pears, and stewed prunes, for example, are safest. Whether the skins should be given depends partly on the age and health of the child and partly on the way the fruit is prepared. If the skins are very tender, they are not likely to cause trouble, except with very young children. When apples and pears are baked the skins can be made tender by frequent bastings.

### FOOD GROUP No. 5—SIMPLE SWEETS

Simple sweets are such things as lump sugar, maple sugar, syrups, honey, and plain candy, and those foods in which sugar is combined in simple forms with fruit juices (in lemonade, water ice, jelly, etc.), with flour or starch, as in plain cakes (cup cake, sponge cake, cookies), and with fruit, as in jams, marmalades, and in similar things. Sweets which contain much fat, like rich cakes and pastry, and foods which are made rich with nuts or dried or candied fruits, or those which are highly flavored or spiced, can not be classed as simple sweets.

Sugar is a desirable part of the diet, and the only objection which can be raised to its use in reasonable amounts in a mixed diet is that it is sometimes allowed to take the place of foods which come under the first four groups mentioned in this bulletin, and so spoils the child's appetite for those other important things. Under these conditions it is harmful, because its improper use has led to bad habits. Sweets should not be given between meals or during the first course of a meal. Careful mothers who forbid their children eating candy at odd times sometimes give one or two pieces of wholesome candy as a "treat" with dessert at dinner.

### SUMMARY

In the foregoing pages some general principles which should govern the young child's diet have been stated and

facts given about foods the child should have and about cooking them.

At the close of the day the mother might ask herself questions like the following to make sure that she has taken into account the things to which her attention has been directed.

Did the child take about a quart of milk in one form or another?

Have I taken pains to see that the milk that comes to my house has been handled in a clean way?

If I was obliged to serve skim milk for the sake of cleanliness or economy, did I supply a little extra fat in some other way?

Were the fats which I gave the child of the wholesome kind found in milk, cream, butter, and salad oils, or of the unwholesome kind found in doughnuts and other fried foods?

Did I make good use of all skim milk by using it in preparation of cereal mushes, puddings, or otherwise?

Were all cereal foods thoroughly cooked?

Was the bread soggy? If so, was it because the loaves were too large, or because they were not cooked long enough?

Did I take pains to get a variety of foods from the cereal group by serving a cereal mush once during the day?

Did I keep in mind that while cereals are good foods in themselves, they do not take the place of meat, milk, eggs, fruit, and vegetables?

Did I keep in mind that children who do not have plenty of fruit and vegetables need whole wheat bread and whole grains served in other ways?

Did each child have an egg or an equivalent mount of meat, fish, or poultry?

Did any child have more than this of flesh foods or eggs? If so, might the money not have been better spent for fruits and vegetables?

If I was unable to get milk, meat, fish, poultry, or eggs, did I serve dried beans, or other legumes thoroughly cooked and carefully seasoned?

Were vegetables and fruits both on the child's bill of fare once during the day? If not, was it because we have not taken pains to raise them in our home garden?

Did either the fruit or the vegetable disagree with the child? If so, ought I to have cooked it more thoroughly, chopped it more finely, or have removed the skins or seeds?

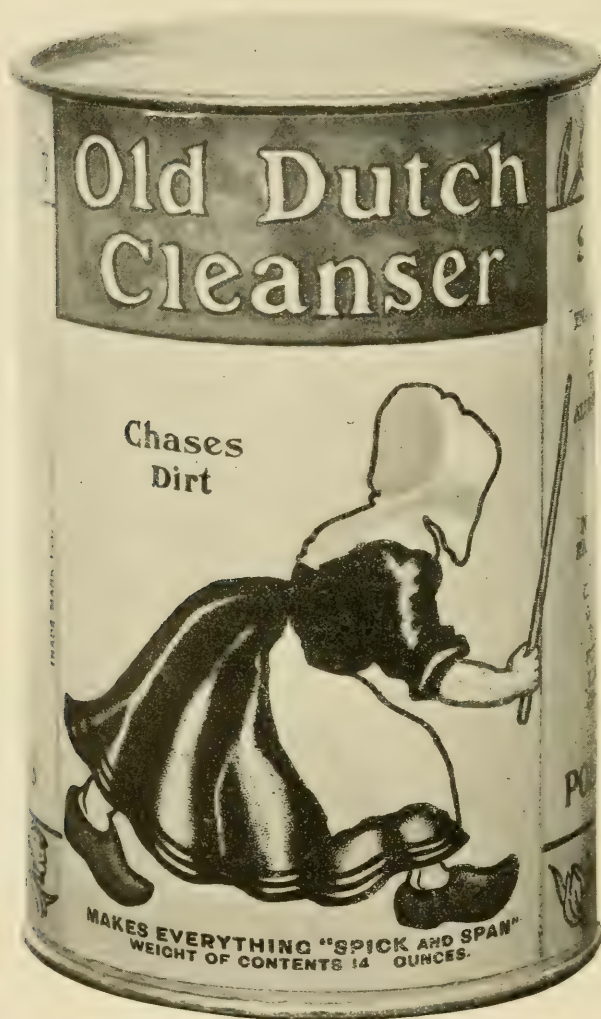
Was the child given sweets between meals, or anything that tempted him to eat when he was not hungry?

Was he allowed to eat sweets when he should have been drinking milk or eating cereals, meat, eggs, fruit, or vegetables?

Were the sweets given to the child simple, i.e., unmixed with much fat or with hard substances difficult to chew, and not highly flavored?

Was the child made to eat slowly and chew his food properly?

A young child may be considered well fed if he has plenty of milk, bread, and other cereal food; an egg once a day or its equivalent in flesh foods; a small amount each of carefully prepared fruits and vegetables, with a small amount of sweet food after his appetite for other foods is satisfied. If there is too much or too little of any of these, his diet is one-sided.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XXXIX

### CLEANING

Proper arrangement of equipment in the kitchen is essential to easy, quick and satisfactory work. In general, the furniture at one side of the room should be placed as follows: storage for food supplies, table, stove and serving surface. At the other side of the room should be placed the sink having a stacking space at the right and draining space at the left, with shelves or closet for keeping dishes between meals. All cupboards should have doors to keep dust from the contents.

The small tools should be kept near the place where they are to be used, the paring knives, scrubbing brushes, soap, etc., near the sink; egg-beater, measuring cups, spoons near the work table; pancake turner, holders, asbestos mats near the stove.

Another important consideration is that of having all working surfaces of proper height. A sink that is too low will make dish washing a drudgery. Have a high stool at hand as many tasks may be done while sitting.

### THE KITCHEN RANGE

*Coal Range.*—When buying a range select one of the most suitable size for the needs of the family. A combination coal and gas range is very convenient. Select a stove with little or no nickel trimming and one that sets on the floor rather than one with legs, as dirt collects under the latter. The stove should be placed upon a sheet of zinc.

The ordinary kitchen range has the following essential parts:



*Firebox.*—The top opens into the air space over the oven and it is divided by a grate. The fuel is placed upon the grate and beneath is the ash box. The grate which divides the firebox is movable so that the whole fire may be dropped into the ashpan.

*Oven.*—This is beside the firebox and both the firebox and oven are surrounded by a larger box which forms the outside of the range, with air spaces called flues between.

*Dampers.*—Chimney damper which when closed nearly shuts off the opening into the chimney. When this damper is closed the heat passes around the oven and heats it, when this damper is open the heat goes up the chimney.

*Draft.*—The lower draft is below the firebox and when open allows a current of air to pass up through the fuel causing the fire to burn rapidly.

*Check.*—A small door above the firebox which when open lets cold air on the fire, forcing the heat back and deadening the blaze.

*Water Connection.*—This consists of coils of pipe or metal front for water in the firebox—the other sides of the firebox are made of firebrick.

*To Build a Fire.*—In starting a fire lay paper (crumpled) on the grate, over this place kindling wood, light the fire from underneath, when it burns well add a little coal. There must be free circulation of air through the fuel.

Air entering the stove under the fire makes the fire burn faster.

Air entering over the fire checks it.

To heat the oven, close the chimney damper after the fire is well started.

Keep the air space above the oven free from ashes and coal, empty the ashpan daily.

Clean the top of the range by washing with hot water to which a little washing soda is added. The range may be kept in good condition without blacking it by rubbing it frequently when warm, but not hot, with a cloth on which

there is some animal fat as lard, or the cloth may be wet with kerosene. Care of course must be taken that the stove is cool enough so that there will be no danger from fire.

Stove polish should be mixed with turpentine instead of water to make it stay on.

*To revive the fire in the kitchen range*, put on a few teaspoonfuls of sugar. When it burns up add more coal.

*To obtain more heat from coal*, sprinkle some water on it. Wet coal burns better and gives more heat—that is, provided you get your fire started before you put the wet coal into it.

### THE GAS RANGE

Select a range with oven high enough so that it will not be necessary to stoop to light it. The oven may be at the side, above or below the top burners.

The flame for heating is usually below the oven and just below this is the space for broiling oven. Both ovens are surrounded by a steel case.

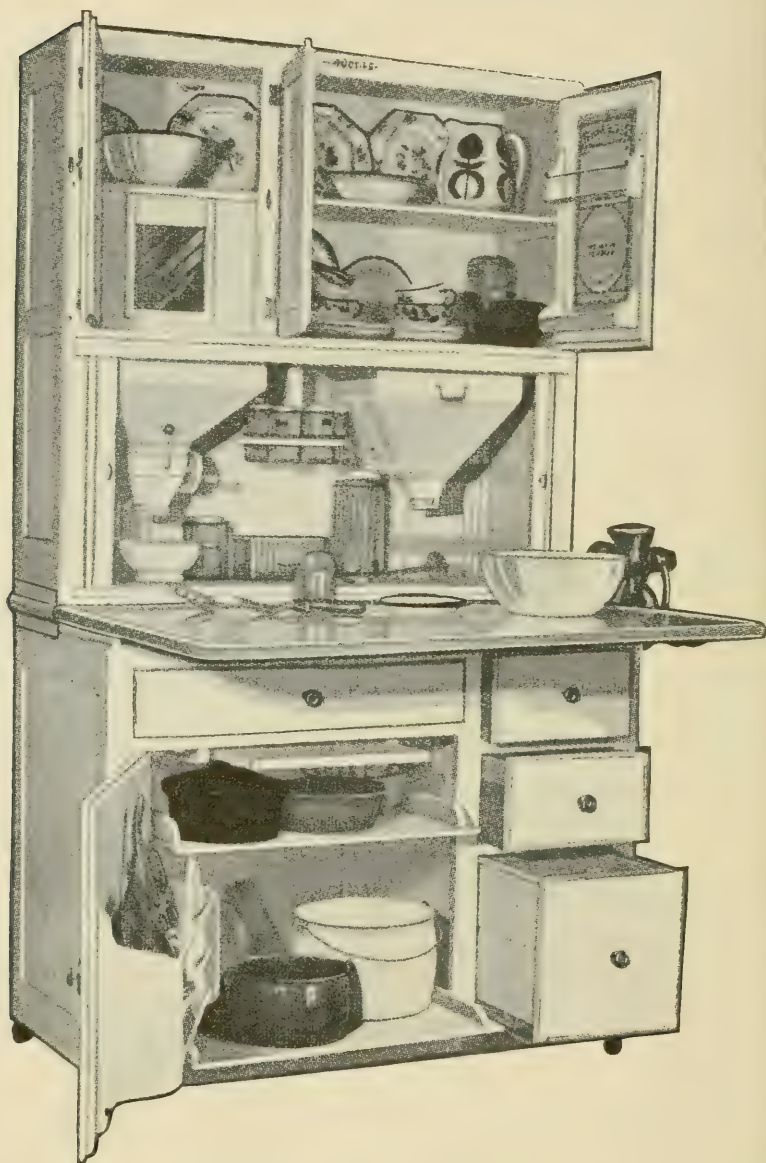
The heat and odors from the oven should be carried to the chimney by a connection at the top of the stove.

The gas range has from four to six burners with a rack above to hold the cooking utensils. There is also a small burner for simmering. Burners are removable so that they may be cleaned. They have an opening to admit air and this has to be adjusted to obtain the right mixture of air and gas.

There is a removable pan under the burners.

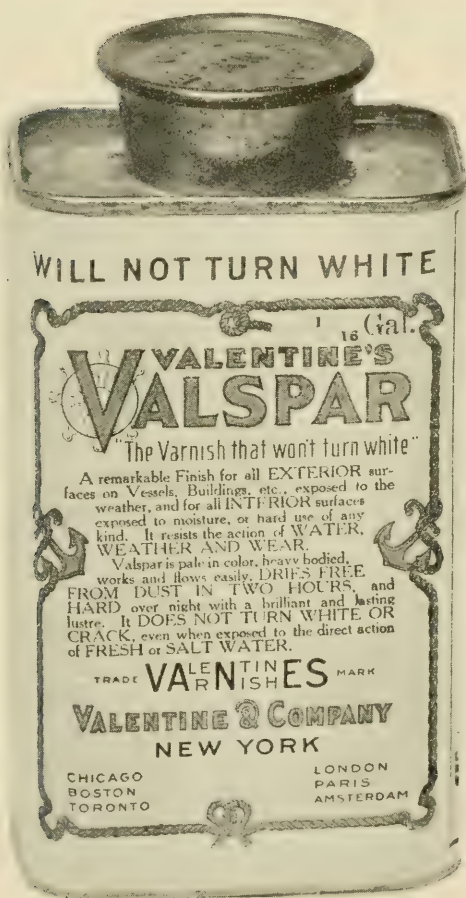
Each burner is connected by a pipe to the front of the range where the flow of gas is controlled by a stop-cock.

To light a gas burner, strike a match and hold it away from the stove, open the cock in the burner and apply the match. If the match is applied before the stop-cock is opened the gas is liable to light back in the pipe. In this case turn off the gas and light again.



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Gas should burn with a blue flame. If it burns with a yellow flame and makes a roaring noise it has too much air and the air valve in the pipe needs closing. To clean the gas burners, remove and boil them in soda and water. Clean the pan under the burners daily. Wipe the stove with newspaper and rub over with an oily cloth.

Do not waste gas, when food boils turn the flame low, do not use a small saucepan on a large burner, plan to bake as many things as possible while the oven is hot.

To light the gas oven, open both doors—this is important. Open the pilot cock which usually is between the other two cocks and apply the lighted match through the hole into the oven. Open both oven cocks and when both are burning turn off the pilot and close the oven doors. It will require eight to ten minutes for heating the oven, when one burner may be turned down or entirely off.

### THE ELECTRIC RANGE

This seems to be the ideal range for cooking but in most cities the cost of the electric current for heating bars it from the average home. The electric range is not more expensive than an up-to-date coal or gas range, there is no dirt from the fuel and the heat may be regulated in an instant.

### THE REFRIGERATOR

Select a refrigerator of the size proper for your needs. See that the walls are well insulated, allowing a temperature of 40 to 45 degrees and that there is space for a good circulation of air currents. Choose a refrigerator with a smooth non-absorbent lining that will be easy to clean.

The refrigerator should drain into a large pan underneath, the contents of the pan should be emptied daily.  
*Care of the Refrigerator.*

1. Wipe the shelves at once if any food is spilled.
2. Examine the contents daily to be sure that no bit of food is left to spoil or mold.



3. Hot food should not be put into the refrigerator, it raises the temperature and wastes the ice.

4. No food with strong odor as cabbage, onions or bananas should be kept in the refrigerator.

5. Do not use the ice chamber for food, it is no colder there than in the next compartment if the circulation is right.

6. Keep the doors closed tightly.

7. To get the best results keep the ice chamber full of ice. The air in the box is then kept cold all of the time.

### *To Clean*

A refrigerator should be thoroughly cleaned once a week.

Remove all food and ice, take out the shelves and racks.

Use hot water to which is added some washing soda (do not put the hands into soda water) and scrub the shelves and racks thoroughly with a brush. Put them in the sun to dry.

Scrub the walls and floor\* of the refrigerator being careful to clean all corners.

Clean the waste pipe with a long handled brush which may be purchased for this purpose or with a stick having a cloth wound around it.

Rinse out the inside of the refrigerator with clear hot water and leave open to dry, wipe off the outside with a damp cloth.

Replace the racks, ice, and the food placed on clean dishes.

To keep the ice box sweet smelling place a piece of charcoal on one of the shelves.

### **THE KITCHEN SINK**

Kitchen sinks are usually porcelain, porcelain lined, soapstone or iron.

The porcelain sink is attractive and durable if used with care, but expensive. It is easily cleaned but needs constant attention. It must be cleaned with kerosene, Bon Ami, Dutch Cleanser or some similar frictional cleaner.

The porcelain lined sink is less expensive but chips easily.

Soapstone makes an inexpensive sink, but it is absorbent and hard to clean. Clean with hot soapy water and then oil.

The iron sink rusts easily and becomes rough. It should be scrubbed frequently and greased often to prevent rusting. After greasing always wash with sal soda solution to remove grease from the pipes.

If the sink is rough rub with beef or mutton fat, cover with quicklime and leave over night. In the morning wash thoroughly with soda solution.

*Care of the Sink.*—Keep a strainer in the sink and pour all the water through this.

The sink should be thorough cleaned each day.

When the dish-washing is finished wash the sink with clean, hot, soapy water and wipe off the faucets and tiling around the sink. Rinse with clear, hot water followed by plenty of cold water so that only clean water will be left standing in the pipes.

Once a week flush the pipes with a strong solution of washing soda (sal soda) using half a cupful of soda to three quarts of water. This will dissolve the grease which may have collected in the pipes. Lastly rinse with clear hot water followed by cold water. If there should be a stoppage of the pipes caused by grease, make the soda solution four times as strong.

To prevent frozen pipes after shutting off the water, pour one quart of molasses into the trap, it drives the water out and will not freeze.

## DISH WASHING

*Preparation.*—Scrape all food from dishes and rinse plates and cups. Soak in cold water all dishes which have been used for eggs, milk and starchy foods, and in hot water all dishes used for sugary foods.

Pile all dishes of a kind together at the right of the sink. Put silver knives, forks and spoons together.

Wipe greasy dishes with soft paper.

*Order of Washing.*

Glasses and glassware, cups, silver, plates, larger dishes, greasy dishes, cooking utensils.

*Materials.*

Have ready two dish pans; one half full of hot soapy water, the other half full of clear hot water.

Wire drainer.

Soap, Dutch Cleanser or Bon Ami, bath brick.

Dish cloths.

Dish towels.

Deep saucepan for silver.

Place the rinsing pan at the left of the dish pan.

Wash the dishes carefully, rinse in the clear hot water and stand in the drainer or dip the drainer filled with dishes into the pan of very hot water. A quick wiping with a clean towel will be sufficient for drying if the rinsing water is very hot. Cups and deep dishes should be inverted in the drainer.

Be sure that the towels are clean and dry.

*Glass*—Wash with hot soapy water and dry at once.

*Cut glass*—Wash in warm water to which a few drops of ammonia is added. Rinse in warm water and dry at once. Do not use very hot water as breakage is often due to quick change in temperature. To make cut glass shine put blueing in the water in which it is rinsed.

*Silver*—Wash kinds separately in hot soapy water, rinse and dry at once. Do not let the knives with wooden or ivory handles remain in water as this loosens the handles and turns ivory dark.

When all of the serving dishes are washed, do the cooking utensils.

Scour the steel knives by placing them on a scouring board, rub some bathbrick on a cork which has been dampened in water and scour the knives until all stains are removed. Rinse and dry at once.

If forks smell of fish add a spoonful of mustard to the dish water.

*Cooking Utensils.*—Scrape bits of food from the utensils fill with water in which some washing powder or washing soda is dissolved and place on the stove to boil. Wash, rinse and dry.

After cooking onions wash the pan in soap and water and then again in vinegar.

To clean agateware, soak and remove stains by scouring with Sapolia or Dutch Cleanser, or put one tablespoonful of soda in the dish filled with water and boil it until the dish is bright.

*To Clean Aluminum.*—Boiling with clean water and scraping with a wooden spoon will remove food from aluminum. Do not use soap powder or ammonia. A little acid in the water will brighten it; use one tablespoonful oxalic acid crystals in a gallon of water, boil five minutes, wash and rinse in clean water.

*Tinware.*—Wash clean and dry thoroughly to prevent rusting.

If cooking utensils become yellow scour them with baking soda.

*Egg beaters.*—Do not wet the cogs of the Dover egg-beater. Wash it as soon as used.

*Woodenware.*—Wash in hot, soapy water, rinse and dry, leave in the sun to dry thoroughly. If any odors are retained in the wood they may be removed by soaking the utensil in water to which soda has been added in the proportion of one teaspoonful of soda to one quart of water.

Tea and coffee pots should be rinsed in cold water, washed thoroughly in hot water, scalded, dried and left open.

*Milk bottles.*—As soon as empty, fill them with cold water. Wash in hot soapy water, rinse and invert to dry. Never use milk bottles for anything but milk.

Wash out the dish pans and dry. Keep them hanging underneath or near the sink.

Wash the dish towels once a day, dry out of doors if possible. The towels should be boiled once a week or oftener.

### TO CLEAN SILVER

The quickest way to clean silver is by decomposing the tarnish by electricity. To do this fill a dish pan half full of hot water, for every quart of water add one teaspoonful of washing soda or baking soda and one tablespoonful of salt. In the bottom of the pan place an aluminum dish, any small piece of aluminum will do. Place the silver to be cleaned in the pan, it must rest on the aluminum and be covered with the solution. Heat the water although it is not necessary to have the water boil. A mild current of electricity is set up which causes the tarnish to disappear. Remove the silver to a pan of clear, hot water, rinse and dry with a soft cloth. This method cleans the silver perfectly. If you wish a higher polish rub the silver with a chamois skin.

To clean the inside of a silver teapot, make a paste of soda, vinegar and flour, cover the inside of the teapot and leave it over night.

### TO CLEAN BRASS AND COPPER.

Acids clean brass and copper readily, but unless all traces of the acid is removed at once the metal will tarnish.

Wash the article to be cleaned. Mix salt and vinegar in a saucer, dip a soft cloth in this and rub the surface until the tarnish is removed. Wash thoroughly and wipe dry.

If the article has a thick coating of tarnish, dissolve  $\frac{1}{2}$  ounce of oxalic acid in one pint of soft water and wash the brass, then moisten a cloth in sweet oil, dip it in powdered whiting or rotten stone, and scour.

### TO CLEAN NICKLE

Mix equal quantities of alcohol and household ammonia and stir in whiting to the consistency of thin cream. Apply with a brush or soft cloth, let dry, and polish with a clean, dry cloth or chamois skin.

### TO CLEAN ZINC

If used for table top, remove stains by rubbing with a cloth wet with vinegar. Scour with bathbrick or Sapolio, rinse and wipe dry.

If zinc is on the floor, clean it with kerosene, using a small amount on a soft cloth.

## TO THOROUGHLY CLEAN A ROOM

### WEEKLY CLEANING

Remove the rugs and clean them out of doors if possible.

Shake the curtains, remove them, or roll them up and cover them.

Dust and remove small furnishings. Dust heavy furniture and cover with old sheets kept for the purpose.

Cover a broom with a cloth and sweep down the walls and ceiling. Dust and cover the pictures. If there is a carpet on the floor sweep it or clean with a carpet sweeper, using a whisk broom in the corners. Wipe the carpet with a cloth wrung from ammonia and water. If there is a hard wood floor, sweep with a soft brush and wipe with a slightly oiled cloth.

Wipe the woodwork with a slightly oiled cloth.

Wash the windows and globes of lighting fixtures.

Clean the rugs. To brighten them scatter salt or bits of wet newspaper on the rugs; then sweep them.



EUREKA VACUUM CLEANER

Replace the rugs, remove cloths from pictures, curtains and furnishings and replace small furnishings.

Clean brooms and cloths and put them away.

### SWEEPING AND DUSTING

Utensils and Materials.

*Vacuum Cleaner.*—The easiest and most sanitary method of cleaning.

*Broom.*—Use both sides evenly. Hang free from the floor.

*Brush.*—Short handled soft bristle brush.

*Dry Mop*

*Dust Pan.*

*Carpet Sweeper.*

*Dust Cloths.*—Patent dusters or cheese cloth.

*Wax for Hard-wood Floors.*—Shellac or varnish alone makes a tough and durable finish, but on account of its high gloss it readily mars and scratches, and these defects are very apparent. A shellac surface cannot be touched up in spots because the brush marks will show. So it is customary to follow the shellac with a protective coat of wax. A suitable wax properly applied gives a hard, glossy surface, is not sticky, and does not rub off. Scratches or mars on any part of the surface can be waxed over at any time, and the whole surface can be repolished with a weighted brush. Floor oils, unless rubbed and polished with great care, tend to stain skirts, rugs, and draperies. Hence wax is the most satisfactory of all floor dressings.

*Care of Waxed Floor.*—Sweep with a soft brush, rub spots with kerosene, and polish with a weighted brush.

*Care of Linoleum.*—Sweep, wipe with a damp cloth, using soap, if necessary, or use kerosene in the water. If linoleum is varnished when new it will last much longer.



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*Care of the Carpet.*—To clean thoroughly, sweep with a broom (keeping broom on the floor at the end of each stroke to prevent dust flying.) Be careful to clean corners and edges thoroughly. Brush with the carpet sweeper. Wipe with a cloth dampened with ammonia and water.

*Care of Rugs.*—Before sweeping, rugs should be removed from the room and thoroughly cleaned before they are returned to the floor. If rugs are caught by the ends and shaken they soon tear out and unravel. A better way is to hang them on a line and beat them with a carpet beater.

*To Lay Matting.*—Before laying matting, cover the floor with several thicknesses of newspaper or carpet paper. Matting is porous and lets the dust through. The paper catches this and admits of its being easily removed at house-cleaning time. Paper also protects the matting from uneven edges of the boards of the floor.

Matting may be tacked down with ordinary carpet tacks or double-pointed brads.

Or the different breadths may be sewed together with strong linen or cotton thread, using loose buttonhole stitches an inch or an inch and a half apart.

### TO CLEAN MATTING ON THE FLOOR

Matting should not be washed or scrubbed with soapy water, as dampness is injurious to it. It may be swept with a broom previously dipped in hot water, and afterwards gone over with a flannel cloth or sponge dipped in salt and water. The salt will freshen the colors and prevent the matting from turning yellow. It should be quickly dried with a second cloth before the water soaks in.

*To Brighten Matting.*—If light-colored mattings become stained and faded, wash with strong soda water. This will give them a uniform solid cream color, harmonizing the different tints.

*Unfinished Wood Floors.*—These require scouring to remove dirt from the cracks and pores of the wood. Use a



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small amount of water and plenty of scouring powder. Scrub with a stiff brush, using a circular motion. Dry with the grain of the wood.

## TO CLEAN WOODWORK AND FURNITURE

*To Clean Paint.*—To clean paint and varnish, whiting, Fuller's earth, kerosene, soda, ammonia, turpentine, and bran water are all recommended. Do not use much soap or washing powders containing free alkali to clean paint. Soap tends to streak or to remove paint. Keep the water warm, but not hot, and change frequently. Use a flannel cloth or chamois, as cotton leaves lint, which sticks to the paint.

Old underwear is good for washing woodwork. Woodwork should be wiped off with a damp cloth, and it will be improved by a thorough washing several times a year. If woodwork is too dry, it tends to shrink.

*For stains on the polished table,* rub the stained part well with linseed oil and then hold a hot flat iron two or three inches above the spot and it will soon disappear.

*For spots on the floor,* wash the stained spot with cold water and cover with baking soda. When dry, wash off the soda and all traces of stain.

*For pencil-marked woodwork,* rub the spots with fresh cut lemon, then use whiting on a soft cloth.

*To wash mission furniture* use warm water, and when dry, polish with a little good oil.

*To remove a scratch from mahogany,* rub the scratch with the meat of a pecan nut and it will darken the spot.

*A good piano polish* is made from a mixture of one part turpentine and two parts olive oil.

## FOR FINISHED WOODS—VARNISHED OR SHELLACKED SURFACES

Avoid alcohol, water and alkali as ammonia and soda. Rub with a cloth moistened with kerosene. This method used on furniture will cause light scratches and surface



bruises to disappear. But if furniture polish containing fixed oils is used the furniture must be rubbed vigorously and kept in condition by frequent rubbing to prevent oil accumulating so as to be felt or seen. Furniture oil should be sparingly used and the wood rubbed to a high polish or until it does not have any greasy feeling.

### **TO CLEAN CANE CHAIRS AND WICKER, BAMBOO AND RATTAN FURNITURE**

Remove the dust by using the blower adjustment on the vacuum cleaner; if this is not possible, brush with a whisk broom to remove the dust. This will greatly assist in cleaning. Make a suds by dissolving half a bar of Ivory soap in a gallon or more of water and add half a cupful of common salt. This will prevent the cane from turning yellow. Apply the suds to the chair with a scrubbing brush, first one side and then the other, using plenty of water so that the cane may be thoroughly soaked. Place it out of doors to dry in a shady place. This will make the cane firm and tight and renew its elasticity.

### **GREASE SPOTS**

Grease spots and stains may be removed from stuffed furniture by the use of gasoline. Stuffed furniture may be cleaned by rubbing on bran with a flannel cloth, then brushing thoroughly.

Grease spots may be removed from leather furniture by applying white of an egg to the stain and allowing this to dry in the sun.

### **DUSTING**

There are two kinds of dust, living and lifeless. For the most part, dust is made up of earth or other matter in such small particles that it can be carried by the wind. It is present everywhere. Carried in this lifeless dust we find



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a living, invisible dust, called germs or microbes. These germs are the smallest living plants, and are the sources of danger from dust. For the most part dust is unsightly. It should be removed from furniture by being taken up in a cloth and then the cloth should be shaken out of doors. Never keep stirring the dust into the air, only to settle on some other article.

Dusting with an oiled cloth benefits wood, leather and metal, a damp cloth is best for any painted surfaces.

First dust places where air currents enter, as window sills, then dust higher articles, reserving the lower ones for the last.

### CLEANING WINDOWS

Ventilate the house while washing or cooking, so that the steam may escape before condensing; this helps to keep the windows clean.

Dust the window panes, clean the woodwork. To wash with Bon Ami apply with water to make an even paste on the glass. Allow to dry and rub off with soft paper or cloth. This is a quick method, but the fine powder from the soap flies about the room.

*To wash with liquid cleanser.*—Use warm water with soap or a little kerosene. Dry and polish. Alcohol is good for cleaning windows in winter. Paint may be removed from the glass by using turpentine.

Avoid streaks on the glass caused by letting water run down the pane or by using an excess of soap.

### TO CLEAN MIRRORS AND PICTURE GLASS

Clean with alcohol or with ammonia and water; do not let it run under the frame. Dry and polish with a soft cloth. A stain on the mirror may be removed with a flannel cloth dampened in camphor.

### CARE OF THE CELLAR

This part of the house should have a thorough cleaning twice a year. The furnace and pipes should be cleaned in the spring and should be left in good condition so that a little fire may be built in damp weather.

A small amount of quick lime allowed to stand in a metal dish in the cellar will absorb moisture.

Do not allow any decayed leaves or tops of vegetables to remain in the vegetable cellar. This place should be constantly watched and thoroughly cleaned at the end of the season. Remove at once any vegetables unfit for use.

Sweep the cellar frequently.

### TO THOROUGHLY CLEAN THE CELLAR

Sweep the walls and ceiling, brush dust from tables and other articles, sweep part of the floor, remove all articles to the clean side and sweep the other part of the floor. Replace all articles and dust again, wash shelves and tables, wash the windows. Whitewash the walls if necessary.

The cellar should be aired daily. In the summer air it at night; the hot air during the day causes moisture to collect on the walls.

### WHITEWASHING

Before applying whitewash, go over the wall or ceiling with a brush or dust cloth to remove dust, and wash with clear water. Fill all cracks and broken places with new plaster. Do not apply whitewash until the surface is quite dry. Give two or more coats as needed.

The following mixtures are recommended:

Slake a sufficient amount of lime in water to make a pailful of whitewash, and while still hot stir in a pint of flour boiled with water to form a thin cooked starch. Stir well and dilute with hot water to the right consistency.

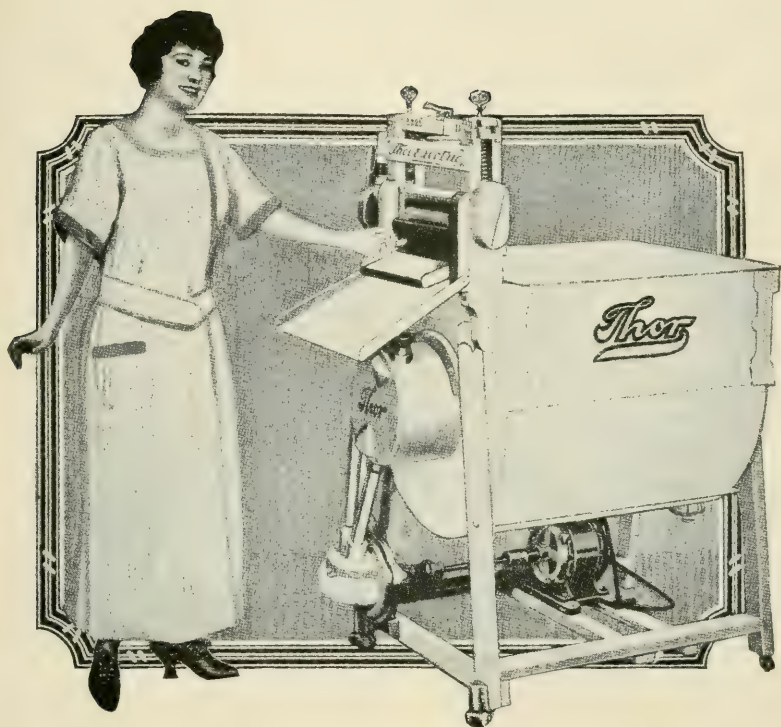
Or slake 8 quarts of lime and add 1 pound of sulphate of zinc and  $\frac{1}{2}$  pound of common salt dissolved in water. This is a hard, firm wash that will not crack.

### INSECT PESTS

*Rats and mice* will leave the house if you will sprinkle peppermint around.

*Mosquitoes* will not stay where there is the smell of burning camphor. You can take the alcohol lamp from the chafing dish, use a small metal cap and burn camphor in it.

*Ants* may be kept away by keeping a small bag of sulphur on the shelf.



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## CHAPTER XL

### LAUNDERING AND REMOVAL OF STAINS FROM CLOTHING

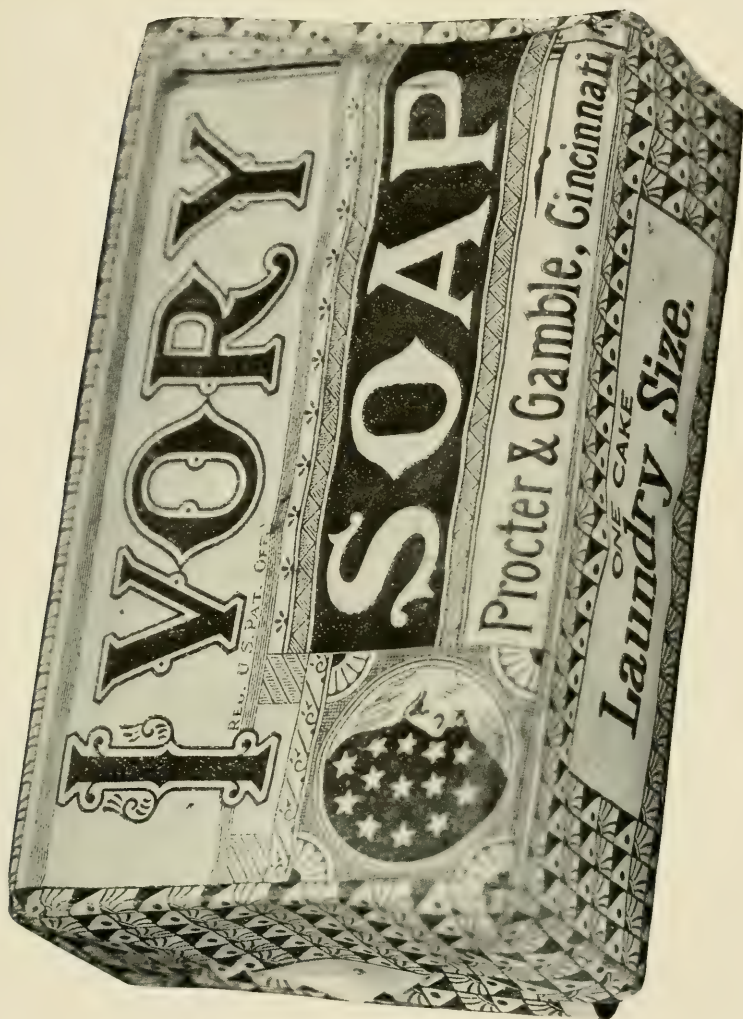
It is the privilege of rich and poor alike to possess clean clothing. Water and soap are inexpensive and sunshine and fresh air are everywhere, which are indispensable in destroying harmful bacteria.

Water is nature's best cleanser. When in motion water holds in suspension particles of dirt. Much of the soil of clothes may be dissolved in water, or, by the aid of soap, an emulsion is formed and the dirt is carried off.

Soft Water is best for laundry work. The most common mineral found in water is lime, which makes water hard. Temporary hardness of water is most common. It is due to a soluble lime compound which will combine with soap to form a greasy scum. To overcome this difficulty water should be boiled. In case the hardness is not removable by boiling, it is called permanently hard water. To overcome this, add lime water or weak carbonated alkali before boiling. In softening water with an alkali, only as much as is necessary to do the work is desirable. More acts upon clothing and hands, weakening fabric and skin. The larger the amount and the greater the strength of the alkali, the worse the effect.

The alkalies commonly known and used in the household are:

*Ammonia*, a gas dissolved in water, and mild in its action if diluted; it readily evaporates if heated. It is comparatively expensive.



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*Borax*, a powder, mild and expensive.

*Sal Soda*, or Carbonated Alkali, a crystal or powder, stronger and cheaper than borax.

*Potash*, or *Lye*, a liquid or solid, strong but little used in modern times. It is derived from wood ashes by a process of leeching; is used in making "soft soap."

## SOIL IN GARMENTS

Garments of linen and other fabrics become soiled principally by the oily excretions from the body, as in perspiration and the natural oil of the hair, and in the case of table linen, by animal fats, etc. These greasy substances by their adhesive quality attract and hold particles of dirt.

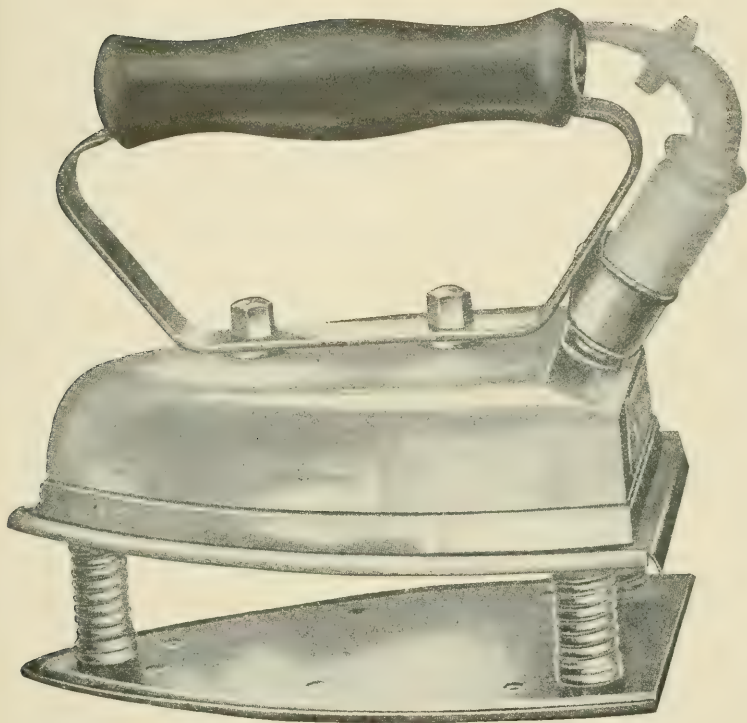
## SOAP

When soap is dissolved in water, the neutral alkali salts become in part separated into alkali, which dissolves, and free fatty acid, which precipitates. This explains why the transparency of clear water is disturbed by the use of soap even of the purest kind.

The detergent or cleaning properties of soap are due to the presence of free alkali, either caustic potash or soda liberated in the soapsuds. This attacks and decomposes the grease contained in soiled linen, unites with fatty acids, and in turn saponifies them. The process is precisely similar to that of soap-making. The union of the alkali set free in soapsuds with the grease of garments or dishwater produces a soapy substance which is readily soluble, and hence is easily removed by rinsing.

*Free Alkali*.—Since the cleansing properties of soap are due to the presence of free alkali, it may be asked why the alkalies themselves—as potash, lye or sal soda cannot be used without the trouble of uniting them with animal fats by soap-making. It is true that lye and other strong alkalies have strong detergent properties. They attack, however, not only the grease, but also the fabrics themselves, and rot

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or weaken them, and also irritate the skin. Hence the object of soap-making is to form a compound which will release a small, definite quantity of alkali at the moment that it is required.

In choosing soap, the use to which it is put must be considered. A white, neutral, floating soap, like Ivory, can be used for all toilet purposes, and is also the best soap for silks, woolens, laces and fine muslin. It will affect the fabric less than any other kind, and, being white, leaves no color to be rinsed out or removed later. The light brown soap, like Lenox, is the universal laundry soap. The small amount of resin in it gives it its color. The resin helps to form the suds which acts as a dirt carrier.

A good naptha soap lessens the work of rubbing and for that reason is popular with housewives who do their own washing. It also does away with boiling if plenty of water, sunshine and fresh air are used, but an occasional boiling is even then necessary to make clothes pure and sweet smelling.

The petroleum oil is a valuable solvent and adds to the effectiveness of soap. P. and G. is the White Naptha soap; shave it into warm (not hot) water and soak the clothes in it for an hour, or, better still, over night. Very dirty clothes should have soap rubbed into them before soaking. Rinse clothes out of water in which they have been soaked, look them over for soiled spots which may need rubbing.

*Soap Solution.*—For laundry purposes one bar of ordinary laundry soap may be cut up and dissolved in three or four quarts of hot water; this can be used at once while hot, or kept in a glass or china jar until needed.

## EQUIPMENT FOR HOME LAUNDRY.

The room, used for laundry work, should be light and airy.

The stove, if for laundry work exclusively, should be one made for the purpose. It need never be blacked.

PROCTOR & GAMBLE'S SOAP



Tubs, if stationary, should be porcelain lined. Slate is next best, but has seams, which are undesirable. Tubs are also made of cement. Wood is too absorptive to be clean. The height of stationary tubs from the floor is rarely right for the average woman. This should be considered when they are set. Portable tubs are made of fibre, galvanized iron, enamel or wood. The wooden ones are best if made of cedar and brass-bound, but all wooden tubs are heavy, and will warp and leak if not kept in a damp place or with water in them. Tubs of all kinds must be kept clean.

Other utensils necessary for the home laundry are a rubbing board, a wringer, a wash boiler, which should be of copper, because of its durability and its power to conduct heat. A clothes stick, two pails, a teakettle and dishpan will prove useful, and measuring cup and spoons and a wooden spoon are needed for the starch. For ironing there should be a table which may also be used for sprinkling, a skirt board, iron stand, and electric iron if possible; a sleeve board is convenient to have.

There must also be a clothes rack, clothes basket, line and clothes pins and a whisk broom to use for sprinkling clothes.

A cupboard in the laundry supplied with articles needed for washing will prove convenient. The following list of materials for the laundry is quoted from Proctor & Gamble Company's "Approved Methods for Home Laundering":

*Beeswax or Paraffine*, used to fill up and make smooth sad irons. It should be tied in a cloth for easier handling.

*Common Salt*, neutral compound, used as a scourer for soiled irons, or to set colors.

*White Sand*, used as a scourer for soiled irons.

*Ammonia*, in liquid form (household ammonia), and

*Borax*, a white powder. Both being mild alkalies, they are used where soaking rather than rubbing is desirable to loosen the dirt, and the color is not to be considered.

*Sal Soda*, or washing soda, is used for testing, and to "break" hard water.



You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*

*Javelle Water* is used to take out stains, and to bleach.

*Muriatic Acid*, dilute, a liquid, and

*Oxalic Acid*, in crystal form are used to take out stains. A medicine dropper is desirable to use with these, as the skin is easily roughened by them.

*Vinegar*, used to set colors. It should be colorless.

*Grain Alcohol*, used to dissolve sugar, some medicine, and grass stains.

*Ether* will dissolve fat or oil from the more delicate fabrics.

*Kerosene* is a solvent, used in washing and cleaning rubber.

*Gasoline* is used to take out stains and clean gloves and ribbons. Being very inflammable, it must be used with great care and where there is no flame.

*Sulphur* is used as a bleacher. When burned, the fumes must be brought in contact with a moist stain.

*Powdered Chalk* or *Fuller's Earth* is used to absorb stains.

*Soap* should be bought in quantity and kept in a clean, dry place. If allowed to harden, there is less waste in using.

## FABRICS.

Fabrics are of both animal and vegetable origin. The vegetable fibres are cotton and linen. These are composed of cellulose, a woody substance, and are tough, strong, and not so easily dyed as animal fibres.

Animal fibres are wool and silk and are nitrogenous in character. They are more easily injured than the vegetable fibres, silk being more delicate than wool.

## LAUNDERING PROCESSES

*Sorting the laundry*.—Sort the small and delicate pieces of fine linen, as laces, fine waists, aprons, and petticoats, in one pile.

Put the table linen, linen towels, and doilies in another pile; the bed and body linen, kitchen towels, and bath towels, in a third; the colored clothes, hoisery, and coarser articles in a fourth and the flannels and woollens by themselves. These lots should be kept separate throughout the washing, the fine linen and table linen going into the first tub and the first boiler; bed and body linen into the second tub and second boiler; colored clothes being washed separately, but not boiled; and flannels being reserved for separate treatment.

Look over clothes for any stains; these should be removed according to directions for each specific stain given at the end of this chapter.

*Rubbing.*—Rubbing is, of course, merely a mechanical process, but it assists the action of soap and washing compounds by removing the greasy substances that have been decomposed by the alkali and by bringing what remains into contact with alkaline suds.

*Boiling.*—Boiling is also a mechanical process, as the steam passing through the garments loosens the particles of dirt contained in their texture. Boiling water and steam also increase the activity of the alkali in attacking and decomposing the grease.

To stop a leak in the boiler temporarily, press a piece of soap over the hole.

*Rinsing.*—Rinsing is a mechanical operation for removing the excess of soap, with the dirt, glycerin, and other impurities that have been released by the action of the washing compounds.

The means employed to remove dirt on fabrics are soaking, boiling, rubbing, and rinsing, with the use of an alkali either in soaps or in the various preparations known as washing powders and washing fluids.

The principal object of rinsing clothes is to remove the excess of soap. Hence they must be thoroughly rinsed until all the suds disappear from the water. If plenty of hot

water can be had it should be used for the first rinsing, as the soap contained in the garment will dissolve in hot water much more readily than in cold. It is customary, however, to lift the clothes from the boiler directly into a tub of cold rinsing water, rinse thoroughly, wring out into a second rinsing water, and continue rinsing until all trace of soap disappears. If any soap is left in the garments, it will unite with the bluing and makes the clothes yellow. After the final rinsing and bluing, the articles must be wrung out, rolled in bundles, and sorted, starched pieces being placed in one basket, and unstarched ones in another, and hung up to dry at once. It is a good idea to first spread a large, clean cloth in the bottom of the basket.

Clean the clothes line by winding it on a board and scrubbing it with soap, using a stiff brush.

We quote the following from Proctor & Gamble Company's "Approved Methods of Home Laundering": The more sunshine and fresh air available the less blue is needed. No rule or proportion can be given for bluing. The quantity to be used must be regulated by the color and the amount of clothes to be blued. Often more blue must be added, or a fresh water made. Tie the solid blue in a thick cloth, flannel preferred, wet it, and squeeze out. Make a strong solution of bluing in hot water, using a dipper or small pan to hold it in, and from this add what is needed to the tub of water. Take a little of the solution in the palm of the hand to test it. It should be of a pale blue color. When bluing water is right in color, stir it up and use at once. If it stands the solid blue will settle, and clothes that touch the bottom or sides of the tub will become streaked with blue. Shake out each article and drop it into the bluing water; then very soon wring it out and drop it into a clean basket. Unstarched clothes are now ready for the line. Clothes requiring thick or raw starch should also go onto the line to get the sun and air.



Starching comes next for those clothes requiring thin starch: aprons, shirt-waists, the trimming of underwear, etc.

### GENERAL DIRECTIONS FOR MAKING STARCH

Mix starch with a small quantity of cold water to a creamy consistency, add a little more cold water, and then the desired amount of absolutely boiling water, stirring constantly. Put the starch over the fire and boil it for several minutes, to insure complete cooking, and stir it all the time it is cooking. Cool or dilute for use. If oil, borax, or wax are used, they should be cooked with the starch, but bluing is added later.

The proportions for cooked starch are one measurement of starch to sixteen of boiling water, for thin starch, and one measure of starch to eight of boiling water for thick starch.

Uncooked or partly cooked starch will stick and make trouble for the ironer. (Irons must always be hot for starched clothes.) Starch can be made thinner by adding water, and it always grows thinner with use. Starched clothes must never be stiff enough to rattle.

*Thin starch.*—

Mix 1 cup starch and

$\frac{1}{2}$  cup cold water, add

$\frac{1}{2}$  level teaspoonful shaved white wax or lard, and

3 quarts boiling water.

The amount of starch needed depends upon the number of garments to be starched. Those that should be stiffest must be starched first. Dry or thick materials take up more starch than wet or thin ones, and the starch may need to be thinned with water for some garments. When only part of a garment is to be starched, gather that part into the hand and dip it into the starch, rub it well, then squeeze out the extra starch. This must be done by hand, the rest of the garment being held out of the way. The starched pieces are hung out with the rest.



*Drying.*—Sunshine and fresh air are so valuable in bleaching and purifying clothes that we cannot afford to dry clothes indoors if we can control a bit of outdoors. To aid in the bleaching, put clothes out without wringing, or let them lie on the grass and moisten them frequently.

The line must be wiped with a damp cloth, and the clothes-pin bag, which is also an apron, must be tied on. Hang each piece so that the threads of the material are straight and the garment is as nearly as possible in the shape desired when ready to use again. This helps greatly to simplify the rest of the work, and, if ironing for every piece is impossible, you will have straight, sweet, sun-dried clothes to wear or use, without any further work except folding. Many people prefer the odor of sun-dried clothes, and if the wind whips out the wrinkles, they are very acceptable. Ribbed underwear, stockings, towels, and often sheets and pillowcases, can be finished in this way when economy in laundry work must be practiced—but always the ribbed underwear. Hang pieces of a kind together and place hems well over the line before pinning. Hems rather than selvages should go over the line. Consider how things will dry quickly, and never let water run into gathers or have corners to stretch out and straighten later. To prevent clothes from freezing in zero weather, put a handful of salt in the rinsing water. When clothes are dry, take them down carefully, shake them free from dust and possible insects, and fold them lightly (never crush them) into the basket.

Dampening or sprinkling is usually done several hours before ironing. Cover the table with a clean cloth, fill a basin with warm water, and use a clean whisk broom for sprinkling. The whisk should be kept for this purpose only. A patent sprinkler may be used, or the hand, but the drops should always be small. Sprinkle each large piece, fold pieces together before rolling. Linen should be very damp. Pack all the rolls into the basket and cover tightly. Sprinkle only what can be ironed the next day.

If kept damp too long, in hot weather especially, the clothes may mildew.

Ironing is the finish of good laundry work and the test of the laundress. It is done to make clothes smooth, to make them feel better and stay clean longer. Have ready an ironing table or board, tightly covered with a blanket and a clean ironing sheet, an iron stand, and clean irons—and to keep the irons clean and the sheet unsoiled, have at hand beeswax in a cloth, a piece of old cloth, and a piece of clean paper, folded three or four times, to try the irons on. To moisten the clothes if they become dry, there should be a bowl of clean water and a clean, soft cloth. A large piece of paper may be spread on the floor to protect any pieces that may hang to the floor. If the irons are heated by gas, they must be wiped off several times while heating, or else the moisture that collects on the cold iron will rust and soil the clothes. Try the iron on a piece of old cloth. Another test is to touch the bottom of the iron with a wet finger; if it hisses, it is hot—the shorter the hiss, the hotter the iron.

Shake or stretch the article to be ironed into shape and place on the board, having the threads of the cloth straight. Iron with the right hand from right to left, using the left hand to arrange the material, but occasionally iron with the left hand. As the material is ironed, bring it over the table or board toward you. First iron the part that will wrinkle least, leaving the plain, straight parts until the last. Ruffles and trimming should be ironed first. Lace must be stretched into shape before ironing and again afterward, to soften it. Best results are attained when the iron follows the long warp thread of the material. The cloth should be left dry, especially bands, hems and seams, or they will wrinkle. Linen must be very wet, and must be ironed with a heavy iron until perfectly dry. This gives a smooth glossy surface and firmness to the material. For heavy materials use heavy irons; for thin materials, lighter irons, and for

gathers, a narrow, pointed iron. Iron quickly with an iron hot, yet not hot enough to scorch. If the material becomes dry or soiled, dampen or rub it with a soft cloth.

Folding does not improve the appearance of articles, but it is necessary in order to store things and keep them from mussing. In general, all pieces should be folded several times lengthwise, then softly crosswise, until of convenient shape for handling. The trimming, if any, should show, and usually it governs the shape of the folded garment.

Airing is necessary to perfectly dry the clothes; the clothes should hang over night on the bars, and be sorted, mended, and put away the next day. Damp clothes are a menace to health. Clothes should be aired in clean, pure air, that they may smell sweet and be free from dust."

### COLORED CLOTHES

The present condition of the dyes used for colored cotton fabrics makes it necessary always to wash a sample of material before laundering the whole garment so that if the dye does not prove to be a fast color it may be set. "The dyes are of two kinds: substantive, those that combine with the material to be dyed, and adjective, those that attach themselves to, rather than combine with, the material. To the former class belong the wools and silks; to the latter, the linens and cottons. From the tough, resistant character of the linen and cotton fibres, we can understand that they will not readily take up color and that, if they do, they will part with it easily. Strong soaps, hot water, and even sunshine tend to weaken their color, so that the greatest care must be used in washing colored clothes, especially if the color is delicate. We know that most reds, pinks, and blacks are fast, but we are never sure of anything until we have washed a sample and dried it. If the color suffers, try to set it with a solution of salt, white vinegar, borax, alum, or sugar of lead (a strong poison). These may be used in the proportion of one level tablespoonful of



You will find the above article to be all  
that is claimed for it by the manufacturer.

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any one of them to a gallon of water. None but a "neutral" soap must be used, and sometimes starch water rather than soap. The starch is very, very, thin, and is used as you would use suds. Ordinarily, good results are obtained by following the directions given below :

Make a warm suds of Ivory Soap Flakes and water, and quickly wash, rinse and hang out to dry one garment at a time. Should the water be colored by the goods, take fresh water for the next garment. Never rub soap on the goods, nor the goods on the board—except the edges of the hem if very much soiled. Squeeze or rub it gently by hand. When clean, rinse it several times, until the last water is clear, and use acidified water if necessary. The use of alum water will make garments less inflammable. If you want to strengthen a blue garment, use bluing. Starch the garment at once in thin starch, after turning it wrong side out; shake it into shape, and hang it to dry in the shade. When dry, dampen and roll up the garment, but only a short time before ironing. Muslins, prints, and gingham should be ironed on the wrong side whenever possible, as it makes the material look like new.

To dry colored clothes, if there is no shady place, pin them on the shady side of a sheet hung double and they will not fade.

To whiten a faded dress, boil it in 2 gallons of water in which 1 cupful of cream of tartar is dissolved.

### WOOLENS

Woolen material will easily shrink if carelessly handled. A "neutral" soap must be used, and if a soap claims to wash without shrinking, it does so only because you follow carefully the directions that come with the soap. Strong soaps or alkalies, except the milder ones—borax and ammonia—weaken the fibre and make it more liable to shrink. The rubbing on of soap of any kind is not desirable, because you must get it out, and it may require the rubbing



of the material, which tends more than anything else to mat the wool and shrink the garment. Hot water and then cold must not be used, because heating expands the fibres, and as they lie so close together, they may interlock; then, when the cold contracts the fibres, they cannot unlock. As a consequence, the material shrinks. Extremes of temperature, then, are to be avoided.

Shake the dust out of the flannel. Make warm suds with Ivory Soap solution. Have it so the hands can very comfortably be held in the water. If the garment is quite soiled, add half a tablespoonful of household ammonia for each gallon of water, and let the garment soak for ten minutes. Draw the garment through the hands, work it up and down, and squeeze it, but do not rub soap on it or rub it on the board. Put through the wringer, turn the garment wrong side out and put it through a second suds the same temperature as the first. If any soiled spot does not yield to this treatment, lay it upon the table or other smooth surface, hold it straight, and rub it briskly with a small brush. If necessary, use a little soap solution on the brush. Rinse the garment quickly through several waters of the same temperature as the first water. Rinse flannel until the water is clear. Put it through the wringer or squeeze the water out; do not twist it. Shake it or hang it out to dry where it is warm—not where it is so hot that the garment will steam, or where it is cold. Guard against extremes of temperature. Stretch the garment into shape as it dries. This is especially true of ribbed underwear, which also does not need to be ironed. Press flannel when nearly dry, on the wrong side, until perfectly dry, using a moderately warm iron. Never have the iron so hot that the flannel will steam, and press, rather than rub it. Closely twisted and woven wool will shrink less than loosely woven materials.



### SILKS

Silk fibre is smooth and shiny, and for best results requires the same treatment in the laundry as wool. If rubbed hard, the fibre is broken and the shiny effect lost. It should never be boiled.

Wash silk carefully in warm water, with Ivory Soap solution in it. Soak twenty minutes if necessary, and take fresh suds for the washing. Do not rub silk except with a soft nail brush over a smooth surface. Rinse in several warm waters until the last water is clear. Place between dry towels and put through wringer loosely adjusted, or squeeze water from it and hang to dry where you can watch it. When nearly dry, iron with a moderately hot iron, until perfectly dry. If the iron is hot the silk will be stiff. A thin muslin spread over the silk before ironing may give better results when material is thin. If silk is colored, it will be better to try a sample, and to set it as you would colored cottons, with salt or vinegar."

For white silk use one teaspoonful methylated spirits to one pint of water for rinsing.

*For yellowed handkerchiefs* or other fine linen, soak in cold water to which a little ammonia has been added. Then cut a large lemon into slices, including the rind, and boil it in a pan. When at the boiling point put in the handkerchiefs and boil them 20 minutes.

### \*GENERAL PRINCIPLES OF STAIN REMOVAL

"The removal of stains is a necessary feature of the laundering and general care of clothing and other household textiles. Most stains may be removed easily at home, provided reliable methods are known and a few simple precautions are taken.

Too much emphasis can not be laid on the importance of applying the stain removers while the stain is still fresh, for usually it is much more difficult to remove an old stain

(\*Farmers' Bulletin 861, "Removal of Stains from Clothing and Other Textiles.")

than a fresh one. Changes in the character of the stain, brought about by drying, exposure to air, washing, ironing, or in other ways, often make it necessary to use chemicals in removing old stains, whereas in many cases much simpler methods are successful if the stains are treated when fresh.

The nature of a stain should be known, if possible, before its removal is attempted, since this determines the treatment to be adopted. Moreover, if an unsuitable stain remover is used, the stain may be "set" so that its removal becomes difficult or even impossible.

The kind of fabric upon which the stain occurs also should be known. The method of treatment adopted depends as much upon the nature, color, weave, finish and weight of the fabric as upon the kind of stain. Cotton and linen are destroyed by strong acids and attacked to some extent even by weaker ones. Concentrated acids, therefore, should never be used in removing stains from these fabrics, and when dilute acids are used they should be neutralized afterwards with a suitable alkali or removed by thorough rinsing; otherwise the acid may become concentrated on drying and destroy the fibers. Generally speaking, alkalis do not attack cotton or linen fabrics to the extent that acids do. However, long-continued or repeated exposure to alkalis, especially in hot solution, weakens the fibers.

Wool and silk, being more delicate than cotton and linen, require more careful treatment. The use of very hot water must be avoided, since it turns both wool and silk yellow, shrinks wool, and weakens silk and injures its finish. These materials also will not stand much rubbing, as this felts together the wool fibers and results in a shrinkage or thickening of the material, while the silk fabrics, as a rule, are too delicate to stand much rubbing without breaking or separating the fibers. Both wool and silk are dissolved by strong alkalis and are injured even by washing soda or strongly alkaline soap. The only alkalis which should be used in laundering or removing stains from wool and silk

are the milder ones like borax or dilute solutions of ammonia. Acids, with the exception of nitric which weakens and turns the fibers yellow, do not attack wool and silk readily.

In general it is more difficult to remove stains from wool and silk than from cotton or linen. In removing stains from materials made from two or more kinds of fibers, such as silk and cotton mixtures, the effects of the stain removers upon all of the fibers should be considered. No chemical should be used which would injure the most delicate fibers present.

It is also much more difficult to remove stains from colored than from white materials, for the reason that most of the bleaching agents which must be used to remove persistent stains are likely to destroy the color of the material as well.

### METHODS FOR TREATMENT OF STAINS IN GENERAL LAUNDERING

Ordinary laundering for removing stains, should be done as follows: First, soak the stained portion in cold or lukewarm water, rubbing the stain with a neutral soap if necessary. Follow this by thorough rinsing in clean water, after which the article may be laundered as usual. Use this method only for cotton and linen (white or fast colors) and the so-called wash silks and washable woolens. If the materials are delicate, sponge them.

### SPONGING

Sponging is applicable to all fabrics, but especially to delicate materials or colors which ordinary laundering might injure. Spread the stained article on a flat surface in a good light, and beneath the stain put a cloth folded into several thicknesses, or clean, white blotting paper, to absorb the superfluous liquid. Change the pad for a fresh one as soon as it becomes soiled. Sponge with a clean, soft lintless

cloth (preferably of the same material as that stained) and renew it as frequently as may be necessary. Lay the stained material with the wrong side up and apply the water to the back, so that the foreign substances can be washed from the fibers onto the pad without having to pass through the material.

### APPLICATION OF CHEMICALS

Chemicals should not be used until water or laundering has been tried for they attack the fibers of the cloth as well as the stain.

There are a few common chemicals which are necessary in removing some stains, and these should be kept in every household. A good plan is to have a small cupboard in the laundry where these chemicals may be kept together with the utensils used in applying them. As some of these chemicals are poisonous they should all be labeled and kept out of the reach of children. Chemicals most commonly used in removing stains are Javelle water, potassium permanganate (solution), oxalic acid, ammonia water, French chalk, and cream of tartar.

With these chemicals should be kept some of the utensils used in applying them; such as a medium-sized bowl, a medicine dropper, a glass rod with rounded ends, several pads of cheese cloth or old muslin, and a small sponge.

Other chemicals can be bought as needed at any of the larger drug stores.

If the effect of the stain remover upon the fiber or color is not known, try it by applying a little to a sample or to an unexposed portion of the goods. Sometimes it is best to remove the stain even if some of the color is removed also, for the color often may be restored by careful tinting.

Stretch the stained portion of the garment over a bowl of clean water and apply the chemical with a medicine dropper. The chemicals may be rinsed out quickly by dipping in the clean water. Another method is to place the stained

portion over a pad of folded cloth and apply the chemical with a glass rod. The rinsing or neutralizing always must be thorough.

### JAVELLE WATER

1 lb. sal soda, or preferably pearl ash  
 $\frac{1}{4}$  lb. chloride of lime  
2 quarts cold water.

"Mix thoroughly, let it stand several hours. Pour off clear liquid and bottle for use. Keep in a dark, cool place."

To use Javelle water, stretch the stained article and rub the liquid into it, rinse quickly in clear water, and brush again if necessary.

If allowed to remain too long in contact with the fibers Javelle water rots even linen and cotton materials and it should, therefore, always be neutralized with oxalic acid and the fabric rinsed thoroughly to remove all traces of the chemical. Several applications of the Javelle water with intermediate neutralizations are necessary with persistent stains.

### POTASSIUM PERMANGANATE

Potassium permanganate can be used in removing stains from all white fabrics. It also may be used successfully upon many colored materials, but should always be tried first on an unexposed portion of the goods, to determine its effect on the dye. It does not harm delicate fibers, provided it is used with reasonable care. First, remove as much of the stain as possible by sponging or washing with cold water. Prepare and use the permanganate as follows: Dissolve 1 teaspoonful of the crystals in a pint of water and apply a little of this to the stain with a medicine dropper, a glass rod, or a clean cork, and allow it to remain for about five minutes. Remove any pink or brown stain left by the permanganate, by applying one of the following chemicals:

Oxalic acid in saturated solution or lemon juice for cotton, linen, or silk. Hydrogen peroxide is more satisfactory for wool.

Follow the treatment by thorough rinsing.

One or more repetitions of this treatment may be necessary in the case of persistent stains.

### OXALIC ACID

This is poisonous and should be used carefully; the bottle in which it is kept must be marked "Poison."

To prepare a solution of oxalic acid for use, use as many of the crystals of the acid as will dissolve in a pint of lukewarm water. Put into a bottle, stopper tightly, and use as needed. Apply this solution to the stain with a medicine dropper or glass rod and after allowing it to remain for a few minutes rinse thoroughly in clean water.

### HYDROGEN PEROXID

Hydrogen Peroxid, as obtained for medical purposes, usually is made slightly acid, to give it better keeping quality. For use in removing stains make a small amount of the peroxid slightly alkaline with ammonia. It then decomposes easily and its oxygen is free to attack the stain. Since hydrogen peroxid affects the fiber also, in the case of cotton and linen materials, follow it by very careful rinsing. Apply it to the stain with a medicine dropper, a glass rod, or a clean cork, or sponge the stain with it. The method of using it in neutralizing potassium permanganate is described above."

### SPECIFIC METHODS FOR INDIVIDUAL STAINS

In cases where the nature of the stain is not known it should be attacked first by sponging with cold water, provided, however, that the fabric would not be injured by water. If the stain is not removed by cold or warm water,



chemicals should then be applied. Often the behavior of a stain, when treated with cold water, will give some indication of its nature; for instance a grease spot will not absorb water. Hot water should be avoided in treating unknown stains until after other substances have been tried, since hot water will set many stains and make their removal more difficult.

Treatment for stains in general should be progressive, beginning with the milder remedies and reserving the more powerful ones to the last.

## REMOVAL OF STAINS

<i>Stain</i>	<i>Reagent</i>	<i>Method of Removing</i>
TEA COFFEE	Boiling water	Spread stained part over a bowl and pour boiling water on it from a height, so as to strike stain with force. Use Javelle water as a last resort. Use glycerine to remove stain from coffee and cream.
COCOA CHOCOLATE	Cold water or Borax & tepid water (Soap sets the stain)	Sprinkle with borax and soak in water.
MILK CREAM	Cold water	Wash in cold water; then follow with soap and water.
MEDICINE GRASS	Alcohol 1. Molasses 2. Alcohol 3. Ammonia & water 4. Kerosene or butter	Soak in alcohol 1. Soak in molasses, follow with warm water 2. Wash in alcohol 3. Wash in ammonia water. Not to be used on delicate colors 4. Rub in kerosene or butter, followed by soap and water.
ORANGE	Cream of tartar	Rub with moistened cream of tartar.
MILDEW	1. Lemon juice 2. Paste (1 table-spoonful starch, juice of 1 lemon Salt	1. Put on lemon juice and place in direct sunlight 2. Cover spot with paste, and let stand 48 hours. Repeat if necessary.

# THE HOUSEKEEPER

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<i>Stain</i>	<i>Reagent</i>	<i>Method of Removing</i>
IRON RUST	<ol style="list-style-type: none"> <li>1. Lemon juice and salt</li> <li>2. Hydrochloric acid</li> </ol>	<ol style="list-style-type: none"> <li>1. Sprinkle stain with salt. Moisten with lemon juice, and lay in sun</li> <li>2. Stretch stain over a bowl containing 1 quart water and 1 teaspoonful borax. Apply acid, drop by drop, until stain brightens, then dip at once into water in a bowl. Repeat if necessary.</li> </ol>
BLOOD	<ol style="list-style-type: none"> <li>1. Cold water &amp; Fels Naptha soap</li> <li>2. Paste of raw starch</li> </ol>	<ol style="list-style-type: none"> <li>1. Wash in cold water; rub with soap, and soak in warm water.</li> <li>2. If thick goods, make a paste of raw starch, and apply several times</li> </ol>
FRUIT	<ol style="list-style-type: none"> <li>1. Boiling water</li> <li>2. Javelle water</li> </ol>	<ol style="list-style-type: none"> <li>1. Spread stain over bowl, and pour boiling water through it from a height.</li> <li>2. Use Javelle water and boiling water in equal quantities. Let soak a few minutes. Rinse in boiling water.</li> </ol>
INK	<ol style="list-style-type: none"> <li>1. Milk</li> <li>2. Oxalic acid</li> <li>3. Salt and lemon juice</li> <li>4. Javelle water</li> <li>5. For carpets and rugs, salt or cornmeal</li> </ol>	<ol style="list-style-type: none"> <li>1. If stain is fresh, place in milk; if milk is discolored, add fresh milk, and allow stain to lie in it until milk sours. Wash in tepid water.</li> <li>2. Place stain over bowl, sprinkle with acid, pour boiling water through it. When stain is removed, wash in water containing ammonia.</li> <li>3. Cover with salt and lemon juice.</li> <li>4. Soak a few minutes only in Javelle water; rinse in clear water, and keep repeating. Rinse carefully.</li> <li>5. As soon as accident occurs, throw a handful or so of salt or cornmeal on the stain, and brush out discolored salt or meal with a whisk broom, adding more as long as there is any ink to absorb.</li> </ol>

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<i>Stain</i>	<i>Reagent</i>	<i>Method of Removing</i>
PAINT VARNISH	1. Benzine Turpentine 2. Chloroform Naphtha 3. Olive oil and chloroform	1. Rub with benzine or turpentine. (For a dry stain, soften with vaseline before rubbing with benzine or turpentine. 2. For delicate colors use chloroform or naphtha. 3. For old stains, cover with oil and rub with chloroform.
PERSPIRATION	Soap solution and sunshine	Wash with soap suds and place in sunshine.
MUCUS	Ammonia and soap	Soak in ammonia water, then wash with soap.
MUD	Baking soda	Dampen a cloth, dip in soda, and rub on spots.
SCORCH	Soap solution and sun On white goods, Hot water and ivory soap	Dip in soap solution, and expose to sunlight for a few hours. Rub.
GREASE	On woolen and colored goods, Hot iron and blotter Solvents for Grease: Gasoline Benzine Naphtha Alcohol Ether Chloroform (The most expensive; good for delicate silks) Magnesia for silks On floors: Cold water	Put a blotter or unglazed brown paper under stain as it is stretched over ironing board. Pass hot iron back and forth over stain until grease melts and is absorbed by the blotter beneath. These solvents must all be used with caution — never used in closed room, near a fire or lamp. Dissolve 1 teaspoonful salt in 4 tablespoonfuls alcohol — for silk. Rub on magnesia; brush off when dry. Pour cold water on at once before it has time to sink in to the wood. The grease then hardens, and it can be scraped up with a knife.
WAGON GREASE WHEEL GREASE	Eucalyptus oil Lard	Rub on, stand a short time, then wash in turpentine, or with warm, soapy water.
PITCH TAR MACHINE OIL	Cold water & borax	Rub moistened borax on stain, rubbing from outside of stain to center; then wash in cold water.
ICE CREAM SODA	Gasoline Chloroform	Sponge with lukewarm water; rub gently with flannel.

**DRY CLEANSING**

Gasoline is often used for cleansing wool or silk garments and for cleansing kid gloves.

*To Use Gasoline.*—Employed by the following methods gasoline will thoroughly cleanse wool, silk, velvet, and other fabrics of animal fibers, but not cotton, and will remove grease, paint, wax, and mud stains except acid ones, without injury to the texture or colors of the fabric. The results are obtained by using a fairly large quantity of gasoline and soaking and washing the articles in it the same as in water. The cost of cleaning with gasoline is much less than is charged by a professional cleanser, and a great deal less than that of replacing the articles.

Cleansing with gasoline, should be done preferably out of doors, or if indoors, by daylight, and never in the vicinity of a hot stove, lamp, or other flame. Care must be taken that matches are not accidentally lighted in its vicinity.

First, shake and brush the articles to remove dust and dirt. Tack small articles together and wash larger ones singly in an earthenware jar filled with gasoline and allow them to soak for an hour or more. If the jar can be put in a pan which is surrounded with hot water (but not a hot stove or near any open flame), the gasoline will do its work quicker and better and will be less disagreeable for the hands. The addition of common salt at the rate of one teaspoonful to each quart, will prevent leaving a ring. After soaking, work the articles about, rubbing carefully between the fingers, or rub the spots with a toothbrush or nailbrush having fairly soft bristles, or dip the brush into a small can of gasoline set into a pan of hot water. Squeeze the gasoline out of the garments and put them into a second jar, into which pour fresh gasoline, meantime putting other articles to soak in the first jar. After rinsing in the second jar squeeze the garments quite dry, stretch carefully to their proper shape, and thoroughly evaporate by airing

them on a line, and afterwards pressing them with a hot iron.

*To Clean Feathers.*—Prepare suds by shaving and boiling half a bar of hard white or naphtha soap in a saucepan with 1 pint water. Dilute with warm soft water. Immerse the plume in this and allow it to soak for ten or fifteen minutes, occasionally drawing it rather loosely through the hands to remove the dirt with the suds. Rinse in water of the same temperature. If not yet clean, lay the feather on a smooth surface and with a soft brush rub gently with soap and water, working outwardly from the stem. Rinse in clear warm water and afterwards, if a white feather, in bluing water. Draw through the palm of the hand to squeeze out the water, but without twisting. Pin stem to a cloth and hang up to dry with the thick end of the stem up and the plumage hanging down. Shake occasionally while drying it, or, shake the feathers near the stove until dry.

*To prolong the life of a pair of gloves* dust a little powder into them before putting them on, they will wear longer and hold their shape better.

*To wash white silk gloves* use suds; never rub soap on them or they will turn yellow.

*When washing chamois gloves* leave soapsuds on them instead of rinsing in clear water and they will be as soft as new.

*To cleanse kid gloves* milk and white soap is better than gasoline, as it will make them cleaner, softer, and wear longer.

*If a white tam-o'-shanter* becomes soiled, put about a pound of powdered starch in a deep dish, rub in the powder, shake the powder off—and the cap will be like new.

*To restore crushed velvet* hold it in the steam of the tea kettle and shake it out at the same time.

*If lace collars turn yellow* after cleansing with gasoline, they should be washed with soap and water after cleansing to remove the gasoline.

*To freshen delicate ribbons* wash with water in which potatoes have been boiled, being sure to rinse well.

*To make tarnished braid as bright as new* brush clean and rub alum well into it. Leave a few hours and it will be just like new.





You will find the above article to be all  
that is claimed for it by the manufacturer.

*Laura A. Hunt.*

## CHAPTER XLI

### HOUSEHOLD HINTS

Have a *spatula* at hand ready for use. To lift dough shaped for cookies or doughnuts from the board, run the side rather than the end of the spatula beneath the dough. Either the end or the side may be used to remove cooked food from the pan. This is also convenient for scraping batter from a mixing bowl when baking.

If the *kitchen window* is opened two inches at the top while frying foods, or boiling cabbage or onions, the unpleasant odor will go out of the window instead of spreading through the house.

*To hasten the baking of potatoes* let them stand a few minutes in boiling water before putting them in the oven.

*Try mashing a large number of potatoes* in a bread mixer.

*Dry celery leaves* as you have them; put them away in a fruit jar. When preparing soup, tie a few of the leaves in a cloth, and drop it into the kettle. You will find that the soup will have even more of the taste of celery than when using the stalk.

*The use of a double boiler* in scalding milk, or in any cooking in which milk is the foundation, insures more perfect cooking and a more easily cleaned dish.

*To deodorize cooking fat* cut up a potato and fry in the fat. By so doing both fishballs and doughnuts may be fried in the same fat.

*For flavoring icings* and cakes a medicine dropper is useful.

*To make pop corn big and flaky* put it in a strainer and throw a little cold water on it before popping.

*To serve with meat* if potatoes grow monotonous, try fried sliced bananas and boiled rice.

*To prevent the contents of a kettle from boiling over* grease the inner rim.

*To keep cream sweet* scald it in the top of a double boiler, put it in a glass bottle, cover, and set aside to cool. Cream thus treated will keep sweet and fresh several days.

*When making ice cream* a small quantity of cream will go farther if whipped or scalded.

*In making mayonnaise* use vinegar which has been poured over pickles, beets or cucumbers, instead of fresh vinegar; this adds a pleasant flavor to salads. To thicken mayonnaise set the bowl into a dish of ice while beating.

*If you do not wish to serve pastry*, bake the filling for pumpkin or squash pie in custard cups set in a pan of hot water. You may add  $\frac{1}{4}$  more milk to the custard. The result is a delicious, creamy dessert.

*Uses for salt.*—To beat eggs quickly add a pinch of salt. This also applies when whipping cream. Place a pan of salt in the oven under the baking tins in order to prevent the scorching of their contents. Put salt in the water when you wish to cool a dish quickly. Use salt to remove ink stains from carpet when the ink is fresh.

*When broiling fish* place the fish on a wooden picnic plate, then on the broiler. This keeps the fish whole and does away with washing a greasy broiler.

*If potatoes are watery* score the skins all the way around, boil them in salt water with the skins on, and they will become dry.

*Lima Beans* may be soaked over night, put in a regular bean pot and baked for four or five hours with three or four slices of pork. These are excellent and provide a change from stewed lima beans.

*To preserve the rich red color of quinces* steam them on the back of the stove with a cover that lets the steam out, until they are as red as you want them.

*For a toaster* an asbestos mat can be used.

*To make dry bread into delicious toast* hold under running cold water for a second and then toast in the usual way.

*To prevent bread from getting moldy* be sure the cover of the bread jar is tipped a bit, so as to let the air in.

*Breakfast Bacon* can be fried deliciously by cutting off the rind and dipping each slice in flour and frying it very quickly.

*To prevent the under pie crust from becoming soggy* rub over with the white of an egg before putting in the filling.

*If juice runs out of blueberry pies* just add a pinch of soda before you put the top crust on and there will be no difficulty.

*Rhubarb pies* will retain the juice if you sift a tablespoonful of flour in with the sugar. Try adding a little cinnamon and nutmeg to improve the flavor.

*To prevent cake from drying* place an apple or orange in the cake box. This improves the flavor also.

*If cake sticks to the pans*, dust a little flour over the greased pans and it will prevent the cake from sticking. Paper will not be necessary.

*To beat cake*, the work is easier if you use a wooden spoon and beat the mixture with the back of the spoon.

*To prevent cake from sticking*, let the pan stand for a few minutes on a wet cloth after you take it from the oven.

*To make French Salad Dressing* put the oil, salt, and pepper in a bottle, add the vinegar a little at a time, and shake hard. This is both more rapid and more satisfactory than stirring.

*In a box in a drawer in the kitchen* keep the following articles:—Long-blade shears, darning needle, twine, aluminum thimble, spool of No. 30 thread.

The shears may be used for shredding lettuce or cabbage. The needle, twine and thimble are ready for sewing a fowl or fish that has been stuffed; and the thread is useful in cutting butter, cheese and brown bread.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

*To use baking soda.*—Use  $\frac{1}{2}$  teaspoonful baking soda to each cupful of sour milk and add  $\frac{1}{2}$  teaspoonful of baking powder. Sift the soda and baking powder with the flour instead of adding the soda to the sour milk. This insures better mixing of the ingredients and prevents the formation of the carbon dioxide gas from the union of the soda and sour milk before it is added to the cake.

*To prevent citron, raisins, or currants from sinking to the bottom of cake,* heat in the oven before adding them to the batter.

*Hot baked puddings* and custards will not stick to the baking dish if the dish is first rubbed over with fat and dredged with sugar.

*Cakes, loaf or layer,* are quickly removed from loose-bottom aluminum cake-pans and the washing of the pans is easy.

*Use a magic cover* when rolling out soft dough of any sort. When through work, scrape the cloth with a knife, if necessary, then shake out of doors. Wash the stockinet on the rolling pin often.

*To hasten the freezing of Ice Cream* pour a dipper of water over the ice and salt just before you start turning the handle.

*If cream is hard to whip,* add the white of an egg thoroughly chilled.

*Chicken Soup* may be given a different and very delicious flavor by grating a bit of cheese into it.

Before *breaking a cocoanut* put it in the oven. When heated a slight blow will crack it, and the shell will come off easily.

*To prevent the growth of mold* on the outside of a cured ham wrap it in a soft cloth wrung out in vinegar.

*Making Fat Compound at Home.*—Cut or grind 1 pound of beef suet and try out the fat at a low temperature to prevent burning. A double boiler is good for this purpose. This should give 14 ounces of pure fat. To it add half as





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much cottonseed oil. Stir occasionally while the mixture is hardening to make the fats blend well.

*To measure part of a cupful of fat.*—For example: to measure  $\frac{1}{4}$  cupful of fat fill a measuring cup  $\frac{3}{4}$  full of cold water then drop in the fat until the water rises to the top of the cup. This prevents wasting the fat, which if measured in the ordinary way by packing in the cup, would cling to the sides and does away with the necessity for washing a greasy cup.

*Save all paraffin paper* from bread, cracker boxes, etc. Cut the paper to fit cake tins. After the pan is greased put a sheet of paper in the bottom, and this keeps the cake from sticking to the pan. It is better to let the paper stay on the cake after it is baked until it is cold, unless frosting is to be used.

*Save all the small bottles* and jars in which bacon, malted milk, etc., are purchased. They may be used for left overs in canning and are useful for jellies, marmalades and pickles.

*To prevent the necessity of putting the hands into the hot water to find the last piece of silver.*—Soak the silver in warm water, place it in the perforated upper part of a steamer, plunge it up and down in hot, soapy water in the dish pan until clean. Let drain, pour scalding water over the silver and it is ready to wipe.

*Cleaning Lard Pails.*—When the lard pail is empty lay it and the cover in a large pail, cover with cold water, add a tablespoonful each of borax and soda, and slice in a little soap. Set on the stove and bring to a boil and let boil two hours or more. Take out and wash in hot, soapy water, rinse and dry. It will be very sweet and clean with no scrubbing.

## AN ICELESS REFRIGERATOR

### AGRICULTURAL EXTENSION SERVICE

Southern women, through the U. S. Department of Agriculture, give directions for making an inexpensive iceless

refrigerator. This cooler should stand where there is free circulation of air either indoors (in a pan to catch the drip or in a constantly shaded, breezy place out of doors.

Make a case about  $3\frac{1}{2}$  ft. high x 12 inches x 15 inches with a solid top to hold a 12 or 15 inch dripping pan of water. In this frame place two moveable shelves 12" to 15" apart. Fit the frame with a covering of white Canton flannel smooth side out—(Heavy duck or burlap may be used). Fasten this covering securely onto the frame with buggy or automobile curtain snaps so that the door may be opened without unfastening the cover. The hem on each side must extend far enough to cover the cracks of the door in order to keep out the warm outside air. The bottom of the covering must extend into the lower pan. Make six double strips (wicks) one-half the width of each side. Sew one side of each wick to the top of the sides and back of the cover. The other ends should lie 2" or 3" in the water in the pan. The fifth wick is the width of the door covering. These wicks conduct the water from the pan and moisten all the covering. Evaporation should be rapid. On dry, hot days a temperature of  $50^{\circ}$  has been known to be obtained in this simple cooler. It is worth trying, especially by mothers with bottle fed babies.

*For a sleeve board cover*, draw a discarded white stocking on the board over the padding; it will fit snugly and will not loosen as it is used.

*If you will carefully wash* your summer clothes before putting them away they will be as good as new for next season.

*If cold starch is made* with weak soap suds it will not stick when the garment is ironed.

*To restore pearl buttons* to their former luster after they have been on a garment which has been laundered many times wash them with soap and water; dry and polish with nail polish and a buffer.

*To hang a skirt*, take a good-sized looking glass, put on the floor against wall in slanting position and any uneven places in the skirt may be easily seen.

*To prevent summer lingerie from turning yellow* put it in a blued pillow case and baste the end to keep the air and dust out.

*To prevent pin holes in a panama hat* have the shoe cobbler put two white eyelets in the proper places. Use these when pinning on the hat.

*When sheets become worn in the middle* tear in two lengthwise and sew the two selvages together. This will bring the wear on the part that was on the edge of the bed before and you will have a sheet as good as ever.

*When basting long seams* thread the needle to the basting spool and do not cut thread. This method saves thread because it can be pulled in one long thread after stitching.

*An old raincoat* may be utilized by making an apron for wash days, or a bathing cap, or a bag to carry your bathing suit in, or a bag for rubbers.

*Hem muslin curtains* by hand and there will be less chance of their puckering.

*If fine laces are torn* try putting a very thin piece of organdie or cotton mull under the worn places and darning down.

*When cutting cloth underneath a lace insertion* slip a narrow piece of cardboard with a pointed end between the insertion and the goods. The cardboard acts as a safeguard.

*To mend small holes in a silk umbrella* stick a little piece of black court plaster on the inside of the hole.

*To prevent buttonholes in thin goods from ravelling* mark the buttonholes with thread, then work completely before cutting.

*Piano keys* may be kept white by rubbing them occasionally with a cloth dipped in alcohol. Care should be taken that the alcohol does not touch the wood, as it will take off the varnish.



*A piece of waxed paper* placed under the linen center-piece on a polished table will prevent the cloth from sticking to the table in damp weather, and will prevent a stain from cold water from an overfilled vase.

*Ammonia* and water in equal parts is excellent for cleaning jewelry.

*Moths* will not molest articles stored in a closet if a little turpentine is poured into the corners of the closet.

*If water is spilled on varnish* rub the spots with spirits of camphor and they will disappear.

*For dirty leather cushions* boil half a pint of linseed oil and when almost cold mix in a half a pint of turpentine.

*If the window sill is stained* from flower pots clean with wood ashes and hot water.

*If the paint spots on the window* are difficult to remove try washing with soda melted in hot water.

*If the porcelain bath tub is stained* throw a little dampened coarse salt into it and rub briskly with flannel cloth wet with turpentine. The most obstinate stains will disappear and this remedy will not injure the drain pipes as caustic powders do.

*To pick up fragments of broken glass* pat with a woolen cloth until the smallest bit has adhered to the cloth. Then be sure to burn the cloth.

*A candle* is convenient to have when traveling; it can be used for light or melted to seal bottles.

*To keep knives which are seldom used from getting rusty* moisten them with olive oil and wrap them in flannel.

*If the kitchen wall paper is covered with grease spots* make a thick cream of pipe clay and water and spread it over the grease spots at night. Brush off in the morning and the grease spots will be gone.

*To soften paint brushes* place them in hot vinegar and let them stand for half an hour.

*To drive nails into plaster* dip the nail in hot water first and it will not crack the plaster.

*To remove ice from the steps* melt it off with salt.



*Potted plants* which look sickly may be revived by dissolving a tablespoonful of copperas in a pail of water and soaking the soil thoroughly. It will make the flowers brighter and destroy the white worm. Don't get any on the foliage.

*To arrange flowers prettily in a bowl* use an embroidery hoop a trifle smaller than the bowl with a piece of mosquito netting stretched over it. Stick the flowers through this.

*The scent of a fir balsam pillow* may be restored by placing the pillow in the window some damp day or sprinkling it with a little water.

*Safety matches* may be scratched on a piece of glass if the box is not handy.

*If a cork is too large for a bottle* try soaking it in boiling water for a few minutes and when it is soft you can use.

*An eider down cover* which has grown stiff and hard may be made as good as new by hanging in the sun for a few hours.

*To prevent a squeak in the door* rub a little soap on the hinges.

*To kill a disagreeable odor from burning refuse in the stove* throw in a handful of salt.

*To remove cigar fumes* put a lump of crystal ammonia into a jar and add three or four drops of lavender. Then pour in a few tablespoonfuls of boiling water and let it stand in the room.

*To kill a paint smell* place a handful of hay in a pail of water and let it stand in the room over night.

*To prevent a lamp from smelling* soak the wick in vinegar, then dry it out and the lamp will not smell, no matter how low you turn the wick.

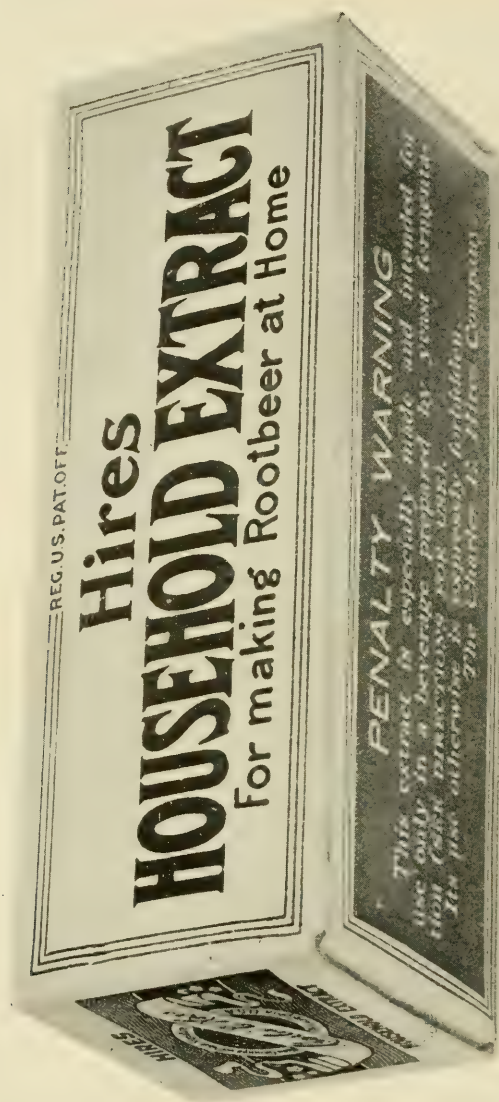
### LAMPS

*To Prevent Lamps from Sputtering* empty out at least every two weeks. Rinse the bowl each time with a little

clean kerosene. Never use water, as even one drop will cause the lamp to sputter. When you fill the bowl again, add a little salt. It will make the light more brilliant.

*To temper a lamp chimney* place in a pail of cold water on the stove and allow to boil two hours. It will last twice as long.

*If the wicks do not easily fit the lamp* dip the ends into stiff starch and iron. They will then slip smoothly into place.



You will find the above article to be all that is claimed for it by the manufacturer.

*Laura A. Hunt.*

Price 25c.

**Blue-jay  
Corn  
Plasters**  
make hard roads easy

**They stop the pain and  
remove the corn**

**B&B**

TRADE-MARK REGISTERED

**Prepared by Bauer & Black Chicago, U.S.A.**

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OSTERMOOR MATTRESS

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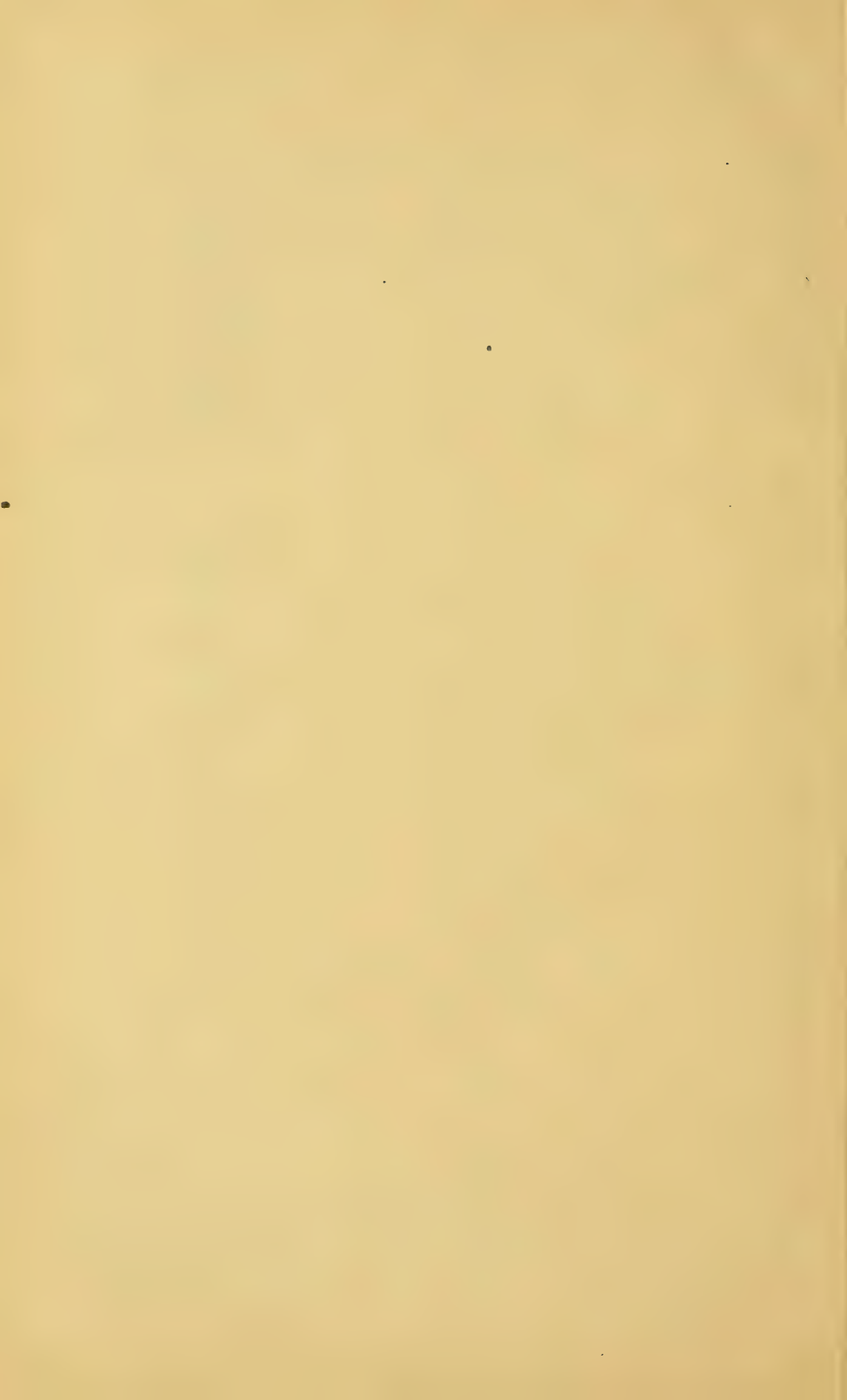
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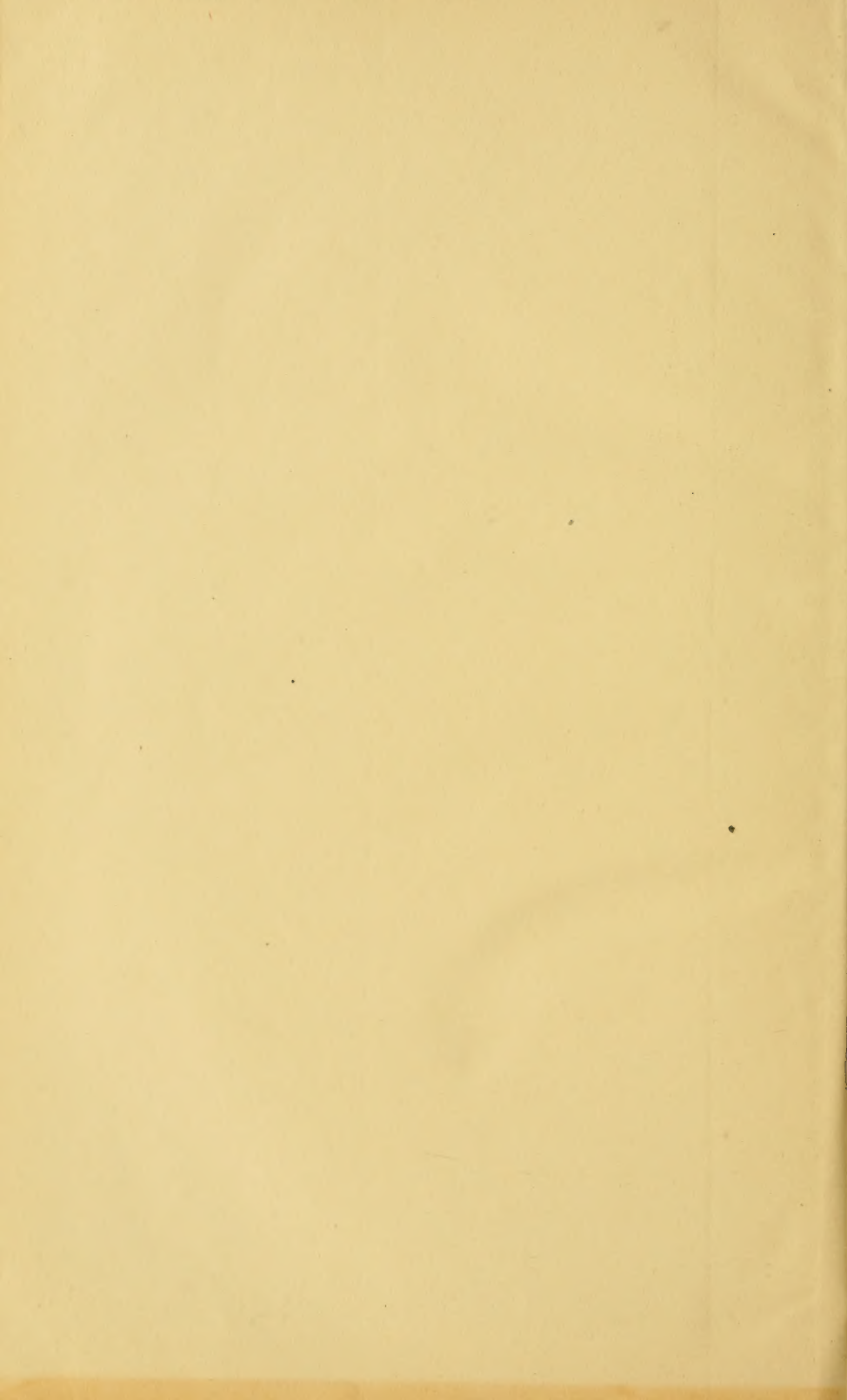














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